EASY MEALS FOR BUSY FAMILIES

Taste of Home Simple & Delicious

DIG IN!

GRILLING SEASON STARTS NOW

IT'S TIME FOR BRUNCH

Easy Upside-Down Cakes

Good-for-You BBQ
Sue Stetzel's Spinach & Feta Burgers, page 33

FROM HOME COOKS LIKE YOU
BEST LOVED RECIPES

APRIL/MAY 2015

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APRIL/MAY 2015

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Julie Kirkpatrick
Billings, MT

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on our cover

Here's the skinny: New York reader Sue Stetzel loads her quarter pounders with cheese, but guess what? These beefy burgers weigh in at less than 350 calories a pop. Find out how she does it on *page 33*.
Photographer: **Dan Roberts** | Set Stylist: **Melissa Haberman** | Food Stylist: **Kathryn Conrad**

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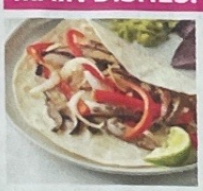

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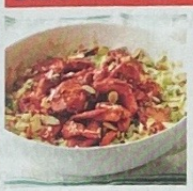
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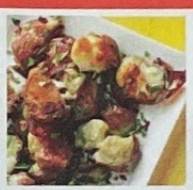
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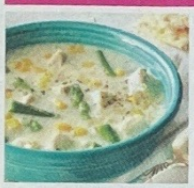
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KEY: 30 Minutes or Less · 5 Ingredients · Eat Smart · Slow Cooker · Freeze It

EAT SMART **Look for the Eat Smart icon for recipes that are lower in calories, fat and sodium.** *Taste of Home*'s registered dietitians based our Eat Smart guidelines on criteria set by the U.S. Department of Agriculture, the American Heart Association and the American Diabetes Association. Main dishes marked with the icon, for the most part, have no more than 550 calories, 12 grams of fat and 800 mg of sodium per serving.

5 INGREDIENTS **Pantry staples like salt, pepper, oil and water aren't included in the ingredient count.**

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Simple & Delicious

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JOIN THE FUN!

Linda Tom of Sioux Falls, South Dakota, sent her Apple-Rhubarb Bread, *page 55*. Share your top recipes and you might be featured, too: **tasteofhome.com/submit.**

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Blueberry Rhubarb Country Tart

—JEANNE AMBROSE
TASTE OF HOME EDITOR

PREP: 15 MIN. • **BAKE:** 40 MIN.
MAKES: 8 SERVINGS

- Pastry for single-crust pie
- ¾ cup sugar
- ¼ cup all-purpose flour
- 4 cups chopped fresh or frozen rhubarb, thawed
- 1 cup fresh or frozen blueberries, thawed
- 2 Tbsp. 2% milk
- 1 Tbsp. coarse sugar

1. Preheat oven to 400°. On a lightly floured surface, roll dough into a 14-in. circle. Transfer to a parchment paper-lined baking sheet.

2. In a large bowl, mix sugar and flour. Add rhubarb and blueberries; toss to coat. Spoon filling over pastry to within 2 in. of edge. Fold pastry edge over filling, pleating as you go and leaving a 4-in. opening in the center. Brush folded pastry with milk; sprinkle with coarse sugar. Bake 40-45 minutes or until crust is golden and filling is bubbly. Transfer to a wire rack to cool.

NOTE *If using frozen rhubarb, measure while frozen. Thaw completely in a colander, but do not press liquid out.*

PASTRY FOR SINGLE-CRUST PIE

Combine 1¼ cups all-purpose flour and ¼ tsp. salt; cut in ½ cup cold butter until crumbly. Gradually add 3-5 Tbsp. ice water, tossing with a fork until dough holds together when pressed. Cover and refrigerate 1 hour.

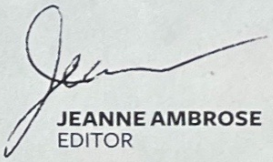
Think Bright

Say hello to a new season filled with **countless reasons to dig in to the happiest food around.** Just bring in some flowers, crack open a window and get cooking.

You asked for 'em, now you've got 'em! Sunny sides that perk up any spring get-together. Like **Crispy Smashed Herbed Potatoes** (*page 30*) from Althea Dye of Howard, Ohio. It's a dish that'll cozy up to Easter ham, Sunday roasts or juicy steaks straight off the grill.

Oh, yeah, I said "grill." I've been dreaming of blue skies and flame-kissed everything for months, and I mean *everything*—sides, mains, starters. Even dessert. Moira McGary of Parkman, Maine, shares her **Grilled Angel Food Cake with Strawberries** on *page 36*, and it's a total game changer.

If you prefer your desserts cooled by the windowsill, you'll absolutely flip for the upside-down cakes on *page 48*. Trust me. And I may be a bit partial to my **Blueberry Rhubarb Country Tart** (*left*), but it's the one tart you've got to bake to win friends and influence enemies. Or plunk the whole thing on your lap and settle onto the porch swing with a fork. It's that good—and wildly easy, too.



JEANNE AMBROSE
EDITOR

To Do

- **On April 2, start PB&J Day right** with a batch of Stuffed PB&J French Toast Kabobs, *page 46*.
- **May is Hamburger Month.** Kick things off with Spinach & Feta Burgers (*page 33*), then hop over to **tasteofhome.com/sliders** for more fun on a bun.
- **Wish a happy 50th birthday** to the Pillsbury Doughboy with a slice of Chili Dog Pizza, *page 46*, made with refrigerated crust.

GETTING EGGY

Whip them into meringuey poufs, devil them up with fresh herbs or smother them in cheese. **Everyday eggs get dressed up in their Easter best.**

TASTE IT Smoked Salmon Deviled Eggs with Dill

My family comes from Denmark, and my husband smokes our salmon himself. To show it off, I came up with these dilly deviled eggs. They're a big treat, especially if you love seafood as we do.
—**CHARLOTTE GILTNER** MESA, AZ

START TO FINISH: 25 MIN.
MAKES: 2 DOZEN

- **12 hard-cooked eggs**
- **½ cup mayonnaise**
- **¼ tsp. salt**
- **¼ tsp. onion powder**
- **¼ tsp. pepper**
- **⅛ tsp. garlic powder**
- **¼ cup flaked smoked salmon**
- **Fresh dill sprigs**

Cut hard-cooked eggs lengthwise in half. Remove yolks, reserving whites. In a small bowl, mash yolks. Stir in mayonnaise and seasonings; gently stir in salmon. Spoon or pipe into egg whites; top with dill. Refrigerate, covered, until serving.

Mushroom-Avocado Eggs on Toast

Two of my favorites —mushroom and avocado—are an unlikely pair, but it turns out they taste amazing together. Pile on scrambled eggs and Brie for one heck of a breakfast.
—**CAROL MCLAUGHLIN** PAPILLION, NE

PREP: 25 MIN. • **BAKE:** 10 MIN.
MAKES: 6 SERVINGS

- **8 eggs**
- **2 Tbsp. 2% milk**
- **1 tsp. lemon-pepper seasoning**
- **½ tsp. dried basil**
- **2 Tbsp. butter, divided**
- **1 Tbsp. minced fresh chives**
- **1 Tbsp. olive oil**
- **½ lb. sliced fresh mushrooms**
- **6 slices French bread (1 in. thick), toasted**
- **3 oz. Brie cheese, cut into 6 slices**
- **1 medium ripe avocado, peeled and thinly sliced**

1. Preheat oven to 350°. Whisk eggs, milk, lemon pepper and basil until blended. In a nonstick skillet, heat 1 Tbsp. butter over medium heat. Pour in egg mixture; cook and stir until eggs are thickened and no liquid egg remains. Gently stir in chives.

2. Meanwhile, in another skillet, heat olive oil and remaining butter over medium-high heat. Add sliced mushrooms; cook and stir 6-8 minutes or until tender.

3. Place toasted French bread on an ungreased baking sheet; top with mushrooms, eggs and Brie cheese. Bake 8-10 minutes or until cheese is melted. Just before serving, top with avocado slices.

Cheese and Fresh Herb Quiche

Our herb garden was growing like crazy, so I stirred some of the basil, parsley and dill into a cheesy quiche. When I'm looking for brunch recipes, this one's a shoo-in.
—**SONYA LABBE** WEST HOLLYWOOD, CA

PREP: 15 MIN. • **BAKE:** 25 MIN. + STANDING
MAKES: 6 SERVINGS

- 1 sheet refrigerated pie pastry
- ½ cup shredded part-skim mozzarella cheese
- ½ cup shredded Swiss cheese
- ½ cup shredded Gruyere or additional Swiss cheese
- ½ cup crumbled feta cheese
- 5 eggs
- 1 cup half-and-half cream
- 1 Tbsp. minced fresh basil
- 1 Tbsp. minced fresh parsley
- 2 tsp. minced fresh dill

1. Preheat oven to 400°. Unroll pastry sheet into a 9-in. pie plate; flute edge. Sprinkle cheeses into pastry shell. In a large bowl, whisk eggs and cream until blended. Stir in herbs; pour over top.

2. Bake on a lower oven rack 25-30 minutes or until a knife inserted near the center comes out clean. Let stand 10 minutes before cutting.

Dark Chocolate Croissant Bread Pudding

Croissants take this custardy bread pudding to a whole new level. I'm a fan of dark chocolate, but other types of chips work, too. Make it even richer by sprinkling toasted nuts on top.
—**JENNIFER TIDWELL** FAIR OAKS, CA
field editor

PREP: 15 MIN. + STANDING • **BAKE:** 40 MIN.
MAKES: 15 SERVINGS

- 8 croissants, torn into 2-in. pieces
- 1 cup (6 oz.) dark chocolate chips
- 8 eggs
- 1 cup sugar
- 1 Tbsp. grated orange peel
- 1½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ⅛ tsp. salt
- 3 cups 2% milk
- 1 cup orange juice
- 2 tsp. vanilla extract

1. Preheat oven to 350°. Place croissants in a greased 13x9-in. baking dish; sprinkle with chocolate chips. In a large bowl, whisk eggs, sugar, orange peel, cinnamon, nutmeg and salt until blended. Stir in milk, orange juice and vanilla; pour over top. Let stand about 15 minutes or until bread is softened.

2. Bake, uncovered, 40-45 minutes or until puffed and golden brown; cover loosely with foil during last 10 minutes if top browns too quickly. Serve warm.

FAST FIX

Egg Baskets Benedict

Here's how I do eggs Benedict when we're having a breakfast buffet. They're just the right size for a.m. grazing.

—**SALLY JACKSON** FORT WORTH, TX

START TO FINISH: 30 MIN.
MAKES: 1 DOZEN (1 CUP SAUCE)

- **1 sheet frozen puff pastry, thawed**
- **12 eggs**
- **6 slices Canadian bacon, finely chopped**
- **1 envelope hollandaise sauce mix**

1. Preheat oven to 400°. On a lightly floured surface, unfold puff pastry. Roll into a 16x12-in. rectangle; cut into twelve 4-in. squares. Place in greased muffin cups, pressing gently onto bottoms and up sides, allowing corners to point up.

2. Break and slip an egg into center of each pastry cup; sprinkle with Canadian bacon. Bake 10-12 minutes or until pastry is golden brown and egg whites are completely set and yolks begin to thicken but are not hard. Meanwhile, prepare the hollandaise sauce according to the package directions.

3. Remove pastry cups to wire racks. Serve warm with hollandaise sauce.

BUNNIES ON PARADE

Easter Sunday really calls for a bunny or two. For cupcakes, rolls and more, get your buns over to tasteofhome.com/easterbunny

Raspberry-Chocolate Meringue Squares

My family likes all kinds of bars, but with their layers of gooey, buttery goodness, these squares have a special spot in our hearts. For a little more fun, I dust them with colored sugar before baking.

—**NANCY HEISHMAN** LAS VEGAS, NV

PREP: 15 MIN. • **BAKE:** 20 MIN. + COOLING
MAKES: 9 SERVINGS

- **3 egg whites, divided**
- **¼ cup butter, softened**
- **¼ cup confectioners' sugar**
- **1 cup all-purpose flour**
- **¼ cup sugar**
- **½ cup seedless raspberry jam**
- **3 Tbsp. miniature semisweet chocolate chips**

1. Preheat oven to 350°. Place two egg whites in a small bowl; let stand at room temperature 30 minutes. Meanwhile, in a large bowl, cream butter and confectioners' sugar until light and fluffy. Beat in remaining egg white; gradually add flour to creamed mixture, mixing well.

2. Press into a greased 8-in.-square baking pan. Bake 9-11 minutes or until lightly browned. Increase oven setting to 400°.

3. With clean beaters, beat reserved egg whites on medium speed until foamy. Gradually add sugar, 1 Tbsp. at a time, beating on high after each addition until sugar is dissolved. Continue beating until stiff glossy peaks form.

4. Spread raspberry jam over crust; sprinkle with miniature semisweet chocolate chips. Spread meringue over chocolate chips.

5. Bake 8-10 minutes or until meringue is lightly browned. Cool completely in pan on a wire rack before cutting. ■

FAST FOOD

Ditch the drive-thru and take back dinnertime. Juicy steak, fish fillets and ham 'n' cheese melts? Yes! **Speedy meals from home kitchens** mean supper's in the bag.

30 recipes in 30 minutes

Balsamic Steak with Red Grape Relish, *page 14*
Naylet LaRochelle
Miami, FL

FAST FIX

Balsamic Steak with Red Grape Relish

The vinaigrette tastes fantastic on the steak, but make sure to splash some on the relish, too. The whole dish is sweet and tangy, plus it looks gorgeous on the plate. If I'm on top of my meal-planning game, I let the steak marinate overnight.

—**NAYLET LAROCHELLE** MIAMI, FL

START TO FINISH: 25 MIN. • **MAKES:** 4 SERVINGS

- **1 beef top sirloin steak (¾ in. thick and 1 lb.)**
- **¾ cup reduced-fat balsamic vinaigrette, divided**
- **2½ cups seedless red grapes, halved**
- **4 green onions, chopped (about ½ cup)**
- **½ cup crumbled blue cheese**
- **¼ tsp. salt**
- **¼ tsp. coarsely ground pepper**

1. Place steak in a large resealable plastic bag; add ½ cup balsamic vinaigrette. Seal bag and turn to coat; let stand 10 minutes. Meanwhile, in a small bowl, toss grapes with green onions and cheese.

2. Drain beef, discarding marinade. Sprinkle steak with salt and pepper. Grill steak, covered, over medium heat or broil 4 in. from heat 4-7 minutes on each side or until meat reaches desired doneness (for medium-rare, a thermometer should read 145°; medium, 160°; well-done, 170°).

3. Cut steak into thin slices. Serve with grape relish and remaining vinaigrette.

EAT SMART FAST FIX

Portobello Fajitas

I serve these family-style so guests can build their own. Just pass the tortillas and garnishes, like salsa, shredded cheese, guacamole and sour cream.

—**CAROLYN BUTTERFIELD** LAKE STEVENS, WA

START TO FINISH: 30 MIN. • **MAKES:** 4 SERVINGS

- **3 large portobello mushrooms (about ½ lb.)**
- **1 large sweet red pepper, cut into strips**
- **½ large sweet onion, sliced**
- **½ cup fat-free Italian salad dressing**
- **2 Tbsp. lime juice**
- **4 flour tortillas (8 in.), warmed**
- **½ cup shredded cheddar cheese**
- **Optional toppings: salsa, guacamole and sour cream**

1. Remove and discard stems from mushrooms; with a spoon, scrape and remove gills. Cut mushrooms into ½-in. slices and place in a large bowl. Add pepper and onion; drizzle with salad dressing and toss to coat. Let stand 10 minutes.

2. Transfer pepper and onion to a lightly greased grill wok or open grill basket; place on grill rack. Grill, covered, over medium-high heat 10-12 minutes or until tender, stirring occasionally.

3. Drizzle vegetables with lime juice. Serve with tortillas, cheese and toppings as desired.

NOTE *A disposable foil pan works in place of a grill wok or basket. Poke holes in the bottom of the pan to let liquid drain.*

PER SERVING *282 cal., 8 g fat (4 g sat. fat), 15 mg chol., 664 mg sodium, 40 g carb., 4 g fiber, 10 g pro.* ***Diabetic Exchanges:*** *2 starch, 1 medium-fat meat, 1 vegetable.*

FAST FIX Smoked Turkey Salad with Raspberries

For a zingy spinach salad, I make a dressing with jalapeno jelly. No turkey on hand? Add grilled chicken. Try sliced strawberries instead of raspberries, too.

—**DEBRA KEIL** OWASSO, OK

START TO FINISH: 15 MIN. • **MAKES:** 4 SERVINGS

- **2 Tbsp. red wine vinegar**
- **1 Tbsp. jalapeno pepper jelly**
- **2 tsp. Dijon mustard**
- **⅓ cup olive oil**
- **6 cups fresh baby spinach (about 6 oz.)**
- **8 oz. thinly sliced deli smoked turkey, cut into strips**
- **1 cup crumbled goat or feta cheese**
- **1 cup fresh raspberries**
- **¼ cup loosely packed basil leaves, thinly sliced**

1. In a small bowl, whisk red wine vinegar, pepper jelly and Dijon mustard until blended. Gradually whisk in oil until blended.

2. Divide spinach among four plates; top with remaining ingredients. Serve with dressing.

top tip Wrap this spring salad inside a tortilla and you can eat it on the go.

FAST FIX Garlic-Pork Tortilla Rolls

We stuff tortillas with Asian-inspired ingredients: teriyaki-garlic pork, lettuce and mandarin oranges. Throw on a handful of French-fried onions for crunch, and you've got a super-simple dinner.

—**JODI NOBILE** SCOTIA, NY

START TO FINISH: 25 MIN. • **MAKES:** 4 SERVINGS

- **1 Tbsp. canola oil**
- **1 lb. thin boneless pork loin chops (½ in. thick), cut into strips**
- **½ cup reduced-sodium teriyaki sauce**
- **3 garlic cloves, minced**
- **1 tsp. onion powder**
- **4 flour tortillas (8 in.)**
- **2 cups shredded romaine**
- **1 can (11 oz.) mandarin oranges, drained**
- **½ cup French-fried onions**

1. In a large skillet, heat oil over medium heat. Add pork; cook and stir 4-5 minutes or until no longer pink. Add teriyaki sauce, garlic and onion powder; cook 3 minutes longer, stirring occasionally.

2. Using tongs, place about ⅔ cup pork mixture down center of each tortilla. Top with romaine, oranges and onions. Fold bottom of tortilla over filling; fold both sides to close. Serve immediately. If desired, serve with remaining pan sauce.

EAT SMART FAST FIX

Spicy Peach-Glazed Grilled Chicken

Simple grilled chicken is hard to beat until you taste this version. It has just the right mix of spicy and sweet flavors.

—**KAREN SPARKS** GLENDORA, CA

START TO FINISH: 25 MIN. • **MAKES:** 4 SERVINGS

- ½ cup peach preserves
- 3 Tbsp. finely chopped seeded jalapeno pepper
- 1 Tbsp. reduced-sodium soy sauce
- 1½ tsp. chili garlic sauce
- 1 tsp. spicy brown mustard
- 1 tsp. olive oil
- ⅛ tsp. plus ½ tsp. salt, divided
- 4 boneless skinless chicken breast halves (6 oz. each)

1. In a small bowl, combine the first six ingredients; stir in ⅛ tsp. salt. Reserve half of the glaze for serving.
2. Sprinkle chicken breast halves with remaining salt. Moisten a paper towel with cooking oil; using long-handled tongs, rub on grill rack to coat lightly. Grill chicken, covered, over medium heat 5 minutes. Turn; grill 7-9 minutes longer or until a thermometer reads 165°, brushing tops occasionally with remaining glaze. Serve with reserved glaze.

NOTE *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*

PER SERVING *299 cal., 5 g fat (1 g sat. fat), 94 mg chol., 663 mg sodium, 27 g carb., trace fiber, 35 g pro.*

FAST FIX

Basil-Lemon Crab Linguine

I always sprinkle herbs over pasta to punch up the flavor. Here, fresh basil does the job. With all the big chunks of crab, this linguine looks and tastes like it's from a five-star restaurant. We absolutely love it.

—**TONYA BURKHARD** PALM COAST, FL

START TO FINISH: 25 MIN. • **MAKES:** 4 SERVINGS

- 1 pkg. (9 oz.) refrigerated linguine
- ⅓ cup butter, cubed
- 1 jalapeno pepper, seeded and finely chopped
- 1 garlic clove, minced
- 1 tsp. grated lemon peel
- 3 Tbsp. lemon juice
- 2 cans (6 oz. each) lump crabmeat, drained
- ¼ cup loosely packed basil leaves, thinly sliced
- ½ tsp. sea salt
- ¼ tsp. freshly ground pepper

1. Cook linguine according to package directions. Meanwhile, in a large skillet, heat butter over medium heat. Add jalapeno and garlic; cook and stir 1-2 minutes or until tender. Stir in lemon peel and juice. Add crab; heat through, stirring gently.
2. Drain linguine; add to skillet. Sprinkle with basil, salt and pepper; toss to combine.

NOTE *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*

EAT SMART FAST FIX

Southwest Turkey Lettuce Wraps

If you're tired of the same ol' taco night menu, give this fresh version a try. I tweaked a friend's recipe to suit my family's tastes, so we're all happy and satisfied. These are delicious and low maintenance.

—**ALLY BILLHORN** WILTON, IA field editor

START TO FINISH: 25 MIN. • **MAKES:** 6 SERVINGS

- **2 lbs. extra-lean ground turkey**
- **1 small onion, finely chopped**
- **1 can (15 oz.) tomato sauce**
- **2 Tbsp. chili powder**
- **½ tsp. salt**
- **¾ tsp. ground cumin**
- **½ tsp. pepper**
- **18 Bibb or iceberg lettuce leaves**
- **¾ cup shredded cheddar cheese**
- **Optional toppings: sour cream, salsa and guacamole**

1. In a large skillet, cook turkey and onion over medium-high heat 8-10 minutes or until turkey is no longer pink and onion is tender, breaking up turkey into crumbles.

2. Stir in tomato sauce and seasonings. Bring to a boil. Reduce heat; simmer, covered, 10-12 minutes to allow flavors to blend. Serve in lettuce leaves with cheese and toppings as desired.

PER SERVING *251 cal., 7 g fat (3 g sat. fat), 75 mg chol., 806 mg sodium, 7 g carb., 2 g fiber, 43 g pro.*

Diabetic Exchanges: *5 lean meat, 1 vegetable.*

5 INGREDIENTS FAST FIX

Tortellini Primavera Soup

Years ago, I found a tortellini soup in a magazine. I made a batch and added my own touches. We all gave it a thumbs up, even my little boy and meat-lover husband. If I'm in a hurry, I skip the basil leaves.

—**KARI GEORGE** ELLICOTT CITY, MD

START TO FINISH: 25 MIN. • **MAKES:** 4 SERVINGS

- **2 cartons (32 oz. each) chicken broth**
- **1 pkg. (10 oz.) julienned carrots**
- **1 pkg. (9 oz.) refrigerated cheese tortellini**
- **1 cup frozen peas (about 4 oz.)**
- **¼ tsp. pepper**
- **Thinly sliced fresh basil leaves**

In a large saucepan, bring broth to a boil. Add carrots, tortellini, peas and pepper; return to a boil. Cook, uncovered, 7-9 minutes or until pasta is tender. Top servings with basil.

FREEZE OPTION *Freeze cooled soup in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally.*

top tip Green up your soup with a couple of handfuls of baby spinach or kale.

FAST FIX

Potato, Sausage & Kale Soup

I let my young son pick out seeds to grow in our garden, and he chose kale, which grew like crazy. This hearty soup helped make good use of it and rivals a restaurant version that we love.

—**MICHELLE BABBIE** MALONE, NY

START TO FINISH: 30 MIN. • **MAKES:** 4 SERVINGS

- ½ lb. bulk pork sausage
- 1 medium onion, finely chopped
- 2 tsp. chicken bouillon granules
- ½ tsp. garlic powder
- ½ tsp. pepper
- 2 medium red potatoes, cut into ½-in. cubes
- 2 cups sliced fresh kale
- 3 cups 2% milk
- 1 cup heavy whipping cream
- 1 Tbsp. cornstarch
- ¼ cup cold water

1. In a large saucepan, cook sausage and onion over medium heat 4-6 minutes or until sausage is no longer pink and onion is tender, breaking up sausage into crumbles; drain.
2. Stir in seasonings. Add potatoes, kale, milk and cream; bring to a boil. Reduce heat; simmer, covered, 10-15 minutes or until potatoes are tender.
3. In a small bowl, mix cornstarch and water until smooth; stir into soup. Return to a boil, stirring constantly; cook and stir 1-2 minutes or until thickened.

5 INGREDIENTS FAST FIX

Weeknight Chicken Cordon Bleu

Ever cut a recipe from a magazine only to discover that you missed part of it? I winged it for a Cordon Bleu, and now my son calls this dinner his top choice.

—**MARY ANN TURK** JOPLIN, MO

START TO FINISH: 30 MIN. • **MAKES:** 4 SERVINGS

- 4 boneless skinless chicken breast halves (6 oz. each)
- ½ tsp. salt
- ¼ tsp. pepper
- 1 Tbsp. plus 2 tsp. canola oil, divided
- 3 cups cut fresh green beans (2-in.)
- 1 cup sliced fresh mushrooms
- 4 thin slices deli ham
- 4 slices part-skim mozzarella cheese

1. Sprinkle chicken with salt and pepper. In a large skillet, heat 1 Tbsp. oil over medium heat. Add chicken; cook 4-6 minutes on each side or until a thermometer reads 165°. Remove from pan.
2. Heat remaining oil in same pan. Add green beans and mushrooms; cook and stir 3-4 minutes or until beans are crisp-tender. Return chicken to pan; top each with a slice of ham and cheese. Cook, covered, 1-2 minutes or just until cheese melts.

top tip Crush some seasoned croutons for an awesome last-minute topping.

EAT SMART FAST FIX

Bow Tie & Spinach Salad

When my family asks for this salad, I'm happy to oblige because it's loaded with veggies. It's easy to tote, so I make it for a lot of potlucks, too. Chop up some grilled chicken for a meaty mix-in.

—**JULIE KIRKPATRICK** BILLINGS, MT

START TO FINISH: 30 MIN. • **MAKES:** 6 SERVINGS

- **2 cups uncooked multigrain bow tie pasta**
- **1 can (15 oz.) garbanzo beans or chickpeas, rinsed and drained**
- **6 cups fresh baby spinach (about 6 oz.)**
- **2 cups fresh broccoli florets**
- **2 plum tomatoes, chopped**
- **1 medium sweet red pepper, chopped**
- **½ cup cubed part-skim mozzarella cheese**
- **½ cup pitted Greek olives, halved**
- **¼ cup minced fresh basil**
- **⅓ cup reduced-fat sun-dried tomato salad dressing**
- **¼ tsp. salt**
- **¼ cup chopped walnuts, toasted**

Cook pasta according to package directions. Drain; transfer to a large bowl. Add beans, vegetables, cheese, olives and basil to pasta. Drizzle with dressing and sprinkle with salt; toss to coat. Sprinkle with walnuts.

PER SERVING *319 cal., 13 g fat (2 g sat. fat), 6 mg chol., 660 mg sodium, 39 g carb., 7 g fiber, 14 g pro.*

Diabetic Exchanges: *2 starch, 2 fat, 1 lean meat, 1 vegetable.*

FAST FIX

Grilled Pesto Ham and Provolone Sandwiches

These Italian-style sandwiches are chock full of big flavors. To lighten the recipe a little, use fat-free mayo. We eat them with minestrone soup or a crisp salad.

—**PRISCILLA YEE** CONCORD, CA

START TO FINISH: 20 MIN. • **MAKES:** 4 SERVINGS

- **2 Tbsp. mayonnaise**
- **4 tsp. prepared pesto**
- **8 slices sourdough bread**
- **8 oz. thinly sliced deli ham**
- **½ cup loosely packed basil leaves**
- **4 pickled sweet cherry peppers, chopped**
- **1 plum tomato, thinly sliced**
- **¾ cup shredded provolone cheese**
- **2 Tbsp. butter, softened**

1. In a small bowl, mix mayonnaise and pesto; spread over four slices of bread. Layer with ham, basil, peppers, tomato and cheese. Top with remaining bread. Spread outsides of sandwiches with butter.

2. On a griddle, toast sandwiches over medium heat 2-3 minutes on each side or until golden brown and cheese is melted.

top tip

If your bread toasts faster than your cheese melts, turn the heat down and cover the sandwiches for a few minutes. A skillet lid works like a charm.

FAST FIX

Ham and Pea Pasta Alfredo

When I want a filling meal that even the kids enjoy, I toss ham and sugar snap peas with Romano cream sauce and pasta.

—**CR MONACHINO** KENMORE, NY

START TO FINISH: 25 MIN. • **MAKES:** 6 SERVINGS

- **1 pkg. (16 oz.) fettuccine**
- **2 Tbsp. butter**
- **1½ lbs. sliced fully cooked ham, cut into strips (about 5 cups)**
- **2 cups fresh sugar snap peas**
- **2 cups heavy whipping cream**
- **½ cup grated Romano cheese**
- **¼ tsp. pepper**

1. Cook fettuccine according to package directions. Meanwhile, in a large skillet, heat butter over medium heat. Add ham and peas; cook and stir 5 minutes. Stir in cream, cheese and pepper; bring to a boil. Reduce heat; simmer, uncovered, 1-2 minutes or until sauce is slightly thickened and peas are crisp-tender.

2. Drain fettuccine; add to skillet and toss to coat. Serve immediately.

top tip If you have a minute, grate the Romano (or Parmesan) yourself instead of using the pre-packed kind. Alfredo tastes best when the cheese is fresh off the block.

EAT SMART (5) INGREDIENTS

Grilled Lemon-Dill Shrimp

This grilled shrimp is one of my go-to recipes when I stare at the freezer and draw a blank. Add veggies if you want to, but grill them separately.

—**JANE WHITTAKER** PENSACOLA, FL

field editor

START TO FINISH: 30 MIN. • **MAKES:** 4 SERVINGS

- **¼ cup olive oil**
- **1 Tbsp. lemon juice**
- **2 tsp. dill weed**
- **2 garlic cloves, minced**
- **¾ tsp. salt**
- **½ tsp. pepper**
- **1 lb. uncooked shrimp (31-40 per lb.), peeled and deveined**

1. In a large bowl, whisk the first six ingredients until blended. Reserve 3 Tbsp. marinade for basting. Add shrimp to remaining marinade; toss to coat. Refrigerate, covered, 15 minutes.

2. Drain shrimp, discarding any remaining marinade. Thread shrimp onto four or eight metal or soaked wooden skewers. Grill, covered, over medium heat or broil 4 in. from heat 2-4 minutes on each side, basting with reserved marinade during the last minute of cooking.

PER SERVING *221 cal., 15 g fat (2 g sat. fat), 138 mg chol., 578 mg sodium, 2 g carb., trace fiber, 19 g pro.*
Diabetic Exchanges: *3 lean meat, 3 fat.*

EAT SMART FAST FIX

Broccoli, Rice and Sausage Dinner

The first recipe my kids requested when they left home was this broccoli with sausage and rice. If fresh zucchini or summer squash is available, toss it into the mix.

—**JOANN PARMENTIER** BRANCH, MI

START TO FINISH: 25 MIN. • **MAKES:** 6 SERVINGS

- **1 Tbsp. canola oil**
- **1 pkg. (13 oz.) smoked turkey sausage, sliced**
- **4 cups small fresh broccoli florets**
- **2 cups water**
- **1 can (14½ oz.) diced tomatoes, drained**
- **¼ tsp. each seasoned salt, garlic powder and dried oregano**
- **2 cups uncooked instant brown rice**
- **½ cup shredded sharp cheddar cheese**
- **Reduced-fat sour cream and Louisiana-style hot sauce, optional**

1. In a large skillet, heat oil over medium-high heat. Add sausage; cook and stir 2-3 minutes or until browned. Stir in broccoli; cook and stir 2 minutes longer.

2. Add water, tomatoes and seasonings; bring to a boil. Stir in rice. Reduce heat; simmer, covered, 5 minutes.

3. Remove from heat; stir rice mixture and sprinkle with cheese. Let stand, covered, 5 minutes or until liquid is almost absorbed and cheese is melted. If desired, serve with sour cream and hot sauce.

PER SERVING *276 cal., 10 g fat (3 g sat. fat), 48 mg chol., 853 mg sodium, 30 g carb., 4 g fiber, 17 g pro.* ***Diabetic Exchanges:*** *2 lean meat, 1½ starch, 1 vegetable, ½ fat.*

FAST FIX

Frito Pie

Frito Pie is legendary in the Southwest for being spicy, salty and cheesy-fabulous. Here's my quick and easy take on this crunchy classic. At our house, it's all-year-round comfort food.

—**JAN MOON** ALAMOGORDO, NM

START TO FINISH: 30 MIN. • **MAKES:** 6 SERVINGS

- **1 lb. ground beef**
- **1 medium onion, chopped**
- **2 cans (15 oz. each) Ranch Style beans (pinto beans in seasoned tomato sauce)**
- **1 pkg. (9¾ oz.) Fritos corn chips**
- **2 cans (10 oz. each) enchilada sauce**
- **2 cups (8 oz.) shredded cheddar cheese**
- **Thinly sliced green onions, optional**

1. Preheat oven to 350°. In a large skillet, cook beef and onion over medium heat 6-8 minutes or until beef is no longer pink and onion is tender, breaking up beef into crumbles; drain. Stir in beans; heat through.

2. Reserve 1 cup corn chips for topping. Place remaining corn chips in a greased 13x9-in. baking dish. Layer with meat mixture, enchilada sauce and cheese; top with reserved chips.

3. Bake, uncovered, 15-20 minutes or until cheese is melted. If desired, sprinkle with green onions.

5 INGREDIENTS FAST FIX

Pecan-Coconut Crusted Tilapia

When friends who eat gluten-free come over, I pull out this recipe. Tilapia with a crunchy coating makes everyone happy.
—**CAITLIN ROTH** CHICAGO, IL

START TO FINISH: 25 MIN. • **MAKES:** 4 SERVINGS

- **2 eggs**
- **½ cup finely shredded unsweetened coconut**
- **½ cup finely chopped pecans**
- **½ tsp. salt**
- **¼ tsp. crushed red pepper flakes**
- **4 tilapia fillets (6 oz. each)**
- **2 Tbsp. canola oil**

1. In a shallow bowl, whisk eggs. In a separate shallow bowl, combine coconut, pecans, salt and pepper flakes. Dip fillets in eggs, then in coconut mixture, patting to help coating adhere.
2. In a large skillet, heat oil over medium heat. In batches, add tilapia and cook 2-3 minutes on each side or until lightly browned and fish just begins to flake easily with a fork.

NOTE *Look for unsweetened coconut in the baking or health food section.*

top tip Pan-fry the fillets in two batches. That way, the nutty coating has plenty of space to get crispy and golden brown.

EAT SMART FAST FIX

Chicken & Garlic with Fresh Herbs

The key to this savory chicken is the combination of fresh garlic, rosemary and thyme. I like to serve it with mashed potatoes or crusty Italian bread.
—**JAN VALDEZ** LOMBARD, IL

START TO FINISH: 30 MIN. • **MAKES:** 6 SERVINGS

- **6 boneless skinless chicken thighs (about 1½ lbs.)**
- **½ tsp. salt**
- **¼ tsp. pepper**
- **1 Tbsp. olive oil**
- **10 garlic cloves, peeled and halved**
- **2 Tbsp. brandy or chicken stock**
- **1 cup chicken stock**
- **1 tsp. minced fresh rosemary or ¼ tsp. dried rosemary, crushed**
- **½ tsp. minced fresh thyme or ⅛ tsp. dried thyme**
- **1 Tbsp. minced fresh chives**

1. Sprinkle chicken with salt and pepper. In a large skillet, heat oil over medium-high heat. Brown chicken on both sides. Remove from pan.
2. Remove skillet from heat; add halved garlic cloves and brandy. Return to heat; cook and stir over medium heat 1-2 minutes or until liquid is almost evaporated.
3. Stir in stock, rosemary and thyme; return chicken to pan. Bring to a boil. Reduce heat; simmer, uncovered, 6-8 minutes or until the temperature is 170°. Top with chives.

PER SERVING *203 cal., 11 g fat (3 g sat. fat), 76 mg chol., 346 mg sodium, 2 g carb., trace fiber, 22 g pro.*
Diabetic Exchanges: *3 lean meat, ½ fat.*

EAT SMART FAST FIX

Pork & Vegetable Spring Rolls

Rice paper wrappers are a quick, fun way to put salad ingredients into a hand-held meal. I also make these with shrimp and dried cranberries. Experiment away!

—**MARLA STRADER** OZARK, MO

START TO FINISH: 30 MIN. • **MAKES:** 4 SERVINGS

- **2 cups thinly sliced romaine**
- **1½ cups cubed cooked pork**
- **1 cup thinly sliced fresh spinach**
- **¾ cup julienned carrot**
- **⅓ cup thinly sliced celery**
- **⅓ cup dried cherries, coarsely chopped**
- **1 Tbsp. sesame oil**
- **12 round rice paper wrappers (8 in.)**
- **¼ cup each sliced almonds and wasabi-coated green peas**
- **Sesame ginger salad dressing**

1. In a large bowl, combine the first six ingredients. Drizzle with oil; toss to coat.

2. Fill a shallow dish partway with water. Dip a rice paper wrapper into water just until pliable, about 45 seconds (do not soften completely); allow excess water to drip off.

3. Place wrapper on a flat surface. Layer salad mixture, almonds and peas across bottom third of wrapper. Fold in both ends of wrapper; fold bottom side over filling, then roll up tightly. Place on a serving plate, seam side down. Repeat with remaining ingredients. Serve with dressing.

PER SERVING *255 cal., 12 g fat (3 g sat. fat), 48 mg chol., 91 mg sodium, 19 g carb., 3 g fiber, 18 g pro.*

Diabetic Exchanges: *3 lean meat, 1 starch, 1 vegetable, 1 fat.*

EAT SMART FAST FIX

Strawberry-Quinoa Spinach Salad

We make quinoa with spinach and strawberries year-round, but it's most fun at this time of year when we can pick our own berries or buy them fresh from a roadside stand.

—**SARAH JOHNSON** INDIANAPOLIS, IN

START TO FINISH: 30 MIN. • **MAKES:** 4 SERVINGS

- **2 cups water**
- **1 cup quinoa, rinsed**
- **6 cups torn fresh spinach (about 5 oz.)**
- **2 cups sliced fresh strawberries**
- **½ cup chopped walnuts, toasted**
- **½ cup reduced-fat red wine vinaigrette**
- **¼ cup shredded Dubliner or Parmesan cheese**
- **¼ tsp. freshly ground pepper**

1. In a small saucepan, bring water to a boil. Add quinoa. Reduce heat; simmer, covered, 12-15 minutes or until water is absorbed. Remove from heat; fluff with a fork. Cool slightly.

2. In a large bowl, combine spinach, strawberries, walnuts and quinoa. Drizzle with vinaigrette; toss to coat. Sprinkle with cheese and pepper.

TO TOAST NUTS *Spread in a 15x10x1-in. baking pan. Bake at 350° for 5-10 minutes or until lightly browned, stirring occasionally. Or, spread in a dry nonstick skillet and heat over low heat until lightly browned, stirring occasionally.*

PER SERVING *355 cal., 18 g fat (3 g sat. fat), 4 mg chol., 444 mg sodium, 41 g carb., 7 g fiber, 12 g pro.*

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EAT SMART FAST FIX

Salmon Veggie Packets

I feel the spirit of Julia Child when I make this lemon-pepper salmon. It's my first French recipe. Bonus: It's family friendly!

—**RENEE GREENE** NEW YORK, NY

START TO FINISH: 30 MIN. • **MAKES:** 4 SERVINGS

- 2 Tbsp. white wine
- 1 Tbsp. olive oil
- ¼ tsp. each salt and pepper
- 2 medium sweet yellow peppers, julienned
- 2 cups fresh sugar snap peas, trimmed

SALMON

- 2 Tbsp. white wine
- 1 Tbsp. olive oil
- 1 Tbsp. grated lemon peel
- ½ tsp. salt
- ¼ tsp. pepper
- 4 salmon fillets (6 oz. each)
- 1 medium lemon, halved

1. Preheat oven to 400°. Cut four 18x15-in. pieces of parchment paper. Fold each crosswise in half, forming a crease. Mix wine, oil, salt and pepper; add vegetables.

2. Mix the first five salmon ingredients. Lay open one piece of parchment paper; place a salmon fillet on one side. Drizzle with wine mixture; top with vegetables.

3. Fold paper over fish and vegetables; fold the open ends two times to seal. Place on baking sheets.

4. Bake 12-16 minutes or until fish flakes with a fork, opening packets carefully. Squeeze lemon over vegetables.

PER SERVING *400 cal., 23 g fat (4 g sat. fat), 85 mg chol., 535 mg sodium, 13 g carb., 3 g fiber, 32 g pro.*

EAT SMART FAST FIX

Korean Beef and Rice

A friend raved about beef cooked in a gingery sauce, so I tried it in my own kitchen. Wow! Dazzle everyone at the table with this tasty—and easy—version of beef and rice.

—**ELIZABETH KING** DULUTH, MN

START TO FINISH: 15 MIN. • **MAKES:** 4 SERVINGS

- 1 lb. lean ground beef (90% lean)
- 3 garlic cloves, minced
- ¼ cup packed brown sugar
- ¼ cup reduced-sodium soy sauce
- 2 tsp. sesame oil
- ¼ tsp. ground ginger
- ¼ tsp. crushed red pepper flakes
- ¼ tsp. pepper
- 2⅔ cups hot cooked brown rice
- 3 green onions, thinly sliced

1. In a large skillet, cook beef and garlic over medium heat 6-8 minutes or until beef is no longer pink, breaking up beef into crumbles. Meanwhile, in a small bowl, mix brown sugar, soy sauce, oil and seasonings.

2. Stir sauce into beef; heat through. Serve with rice. Sprinkle with green onions.

FREEZE OPTION *Freeze cooled meat mixture in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally.*

PER SERVING *413 cal., 13 g fat (4 g sat. fat), 71 mg chol., 647 mg sodium, 46 g carb., 3 g fiber, 27 g pro.*

Diabetic Exchanges: *3 starch, 3 lean meat, ½ fat.*

FAST FIX Tex-Mex Cheesesteak Sandwiches

We adore cheesesteak sandwiches and anything with Southwestern flavors, so I combined the two. If you crave even more firepower, add chopped jalapenos.

—**JOAN HALLFORD** FORT WORTH, TX

field editor

START TO FINISH: 25 MIN. • **MAKES:** 4 SERVINGS

- **1 pkg. (15 oz.) refrigerated beef tips with gravy**
- **1 Tbsp. canola oil**
- **1 medium onion, halved and thinly sliced**
- **1 banana pepper, cut into strips**
- **⅛ tsp. salt**
- **⅛ tsp. pepper**
- **4 whole wheat hoagie buns, split**
- **¼ cup mayonnaise**
- **⅛ tsp. chili powder, optional**
- **8 slices pepper jack cheese**

1. Preheat broiler. Heat beef tips with gravy according to package directions. Meanwhile, in a small skillet, heat oil over medium-high heat. Add onion and pepper; cook and stir 4-6 minutes or until tender. Stir in salt and pepper.

2. Place buns on a baking sheet, cut side up. Mix mayonnaise and, if desired, chili powder; spread on roll bottoms. Layer with beef tips, onion mixture and cheese. Broil 3-4 in. from heat 1-2 minutes or until cheese is melted and buns are toasted.

EAT SMART FAST FIX Chicken Veggie Skillet

The chicken and veggie skillet I invented was so good, my husband suggested I write it down so I could make it again.

—**REBEKAH BEYER** SABETHA, KS

START TO FINISH: 30 MIN. • **MAKES:** 6 SERVINGS

- **1½ lbs. boneless skinless chicken breasts, cut into ½-in. strips**
- **½ tsp. salt**
- **¼ tsp. pepper**
- **6 tsp. olive oil, divided**
- **½ lb. sliced fresh mushrooms**
- **1 small onion, halved and sliced**
- **2 garlic cloves, minced**
- **1 lb. fresh asparagus, trimmed and cut into 1-in. pieces**
- **½ cup sherry or chicken stock**
- **2 Tbsp. cold butter, cubed**

1. Sprinkle chicken with salt and pepper. In a large skillet, saute half of the chicken in 1 tsp. oil 3-4 minutes or until no longer pink. Remove from pan. Repeat with 1 tsp. oil and remaining chicken.

2. In same pan, saute mushrooms and onion in 2 tsp. oil 2-3 minutes or until tender. Add garlic; cook 1 minute. Add to chicken. In same pan, saute asparagus in remaining oil 2-3 minutes or until crisp-tender. Add to chicken mixture.

3. Add sherry to pan, stirring to loosen browned bits. Boil 1-2 minutes or until reduced to 2 Tbsp. Return chicken mixture to pan; heat through. Remove from heat; stir in butter, 1 Tbsp. at a time.

PER SERVING *228 cal., 11 g fat (4 g sat. fat), 73 mg chol., 384 mg sodium, 6 g carb., 1 g fiber, 25 g pro.*

FAST FIX

Cilantro-Avocado Tuna Salad Sandwiches

Lime juice and cilantro in tuna salad—who knew? This recipe popped into my head when I was thinking up protein-packed lunches that can be ready in a flash.

—**HEATHER WALDORF** BLACK MOUNTAIN, NC

START TO FINISH: 15 MIN. • **MAKES:** 4 SERVINGS

- **2 pouches (5 oz. each) albacore white tuna in water**
- **⅓ cup mayonnaise**
- **3 Tbsp. minced fresh cilantro**
- **2 Tbsp. lime juice**
- **2 garlic cloves, minced**
- **¼ tsp. salt**
- **⅛ tsp. pepper**
- **8 slices whole wheat bread, toasted if desired**
- **4 slices Muenster or provolone cheese**
- **1 medium ripe avocado, peeled and sliced**

In a small bowl, mix the first seven ingredients. Spread tuna mixture over four slices of bread; top with cheese, avocado and remaining bread. Serve immediately.

top tip Make yours a melt. Add the Muenster and broil till it's bubbly. Then toss on the avocado and the other slice of bread.

EAT SMART FAST FIX

Raspberry Pork Medallions

Pork drizzled with a luscious raspberry glaze is fancy enough for company. We bring it to the table with wild rice pilaf and steamed vegetables. I've used the raspberry sauce on salmon fillets, too.

—**TRISHA KRUSE** EAGLE, ID field editor

START TO FINISH: 25 MIN. • **MAKES:** 4 SERVINGS

- **1 pork tenderloin (1 lb.)**
- **1 Tbsp. canola oil**
- **2 Tbsp. reduced-sodium soy sauce**
- **1 garlic clove, minced**
- **½ tsp. ground ginger**
- **1 cup fresh raspberries**
- **2 Tbsp. seedless raspberry spreadable fruit**
- **2 tsp. minced fresh basil**
- **½ tsp. minced fresh mint, optional**

1. Cut tenderloin crosswise into eight slices; pound each with a meat mallet to ½-in. thickness. In a skillet, heat oil over medium-high heat. Add pork; cook 3-4 minutes on each side or until 145°. Remove from pan; keep warm.

2. Reduce heat to medium-low; add soy sauce, garlic and ginger to pan, stirring to loosen browned bits from pan. Add raspberries, spreadable fruit, basil and, if desired, mint; cook and stir 2-3 minutes or until slightly thickened. Serve with pork.

PER SERVING *206 cal., 8 g fat (2 g sat. fat), 64 mg chol., 333 mg sodium, 10 g carb., 2 g fiber, 24 g pro.*
Diabetic Exchanges: *3 lean meat, ½ starch, ½ fat.*

FREEZE IT FAST FIX Italian Sausage with Artichokes and Feta

To impress our guests, we serve Italian sausage and artichoke hearts with pasta. It tastes like a gourmet masterpiece and also works nicely over rice or potatoes.

—**AYSHA SCHURMAN** AMMON, ID

START TO FINISH: 25 MIN. • **MAKES:** 4 SERVINGS

- **1 lb. bulk Italian sausage**
- **1 small red onion, finely chopped**
- **1 garlic clove, minced**
- **1 jar (7½ oz.) marinated quartered artichoke hearts, drained and coarsely chopped**
- **½ cup tomato sauce**
- **¼ cup dry red wine or chicken broth**
- **½ tsp. Italian seasoning**
- **½ cup crumbled feta cheese**
- **Minced fresh parsley, optional**
- **Hot cooked gemelli or spiral pasta**

1. In a large skillet, cook sausage, onion and garlic over medium heat 6-8 minutes or until sausage is no longer pink and onion is tender, breaking up sausage into crumbles; drain.

2. Stir in artichoke hearts, tomato sauce, wine and Italian seasoning; heat through. Gently stir in cheese. If desired, sprinkle with parsley. Serve with pasta.

FREEZE OPTION *Freeze cooled sausage mixture in freezer containers. To use, partially thaw in refrigerator overnight. Place sausage mixture in a saucepan; heat through, stirring occasionally and adding a little broth or water if necessary.*

FAST FIX Curry Chicken and Rice

I updated this classic chicken and rice dish by adding veggies and cashews. The green chilies that come with the tomatoes give it some oomph, but if you really like spice, add fresh, diced jalapeno.

—**DENISE KLIBERT** SHREVEPORT, LA

START TO FINISH: 30 MIN. • **MAKES:** 4 SERVINGS

- **1¾ cups water**
- **1 Tbsp. olive oil**
- **1 pkg. (7.2 oz.) rice pilaf mix**
- **1 tsp. curry powder**
- **2 cups shredded rotisserie chicken**
- **1 can (14½ oz.) diced tomatoes with mild green chilies, undrained**
- **1 cup frozen peas (about 4 oz.)**
- **½ cup chopped lightly salted cashews**

1. In a large saucepan, bring water and oil to a boil. Stir in pilaf mix, contents of seasoning packet and curry powder. Return to a boil. Reduce heat; simmer, covered, 15 minutes.

2. Stir in chicken, tomatoes and peas. Cook, covered, 8-10 minutes longer or until liquid is almost absorbed and rice is tender. Sprinkle with cashews.

5 INGREDIENTS FAST FIX

Scallops with Wilted Spinach

Two of my favorite ingredients are bacon and seafood. In this dish, I bring them together with white wine, shallots and baby spinach. Serve with bread to soak up the tasty broth.

—**DEBORAH WILLIAMS** PEORIA, AZ

START TO FINISH: 25 MIN. • **MAKES:** 4 SERVINGS

- **4 bacon strips, chopped**
- **12 sea scallops (about 1½ lbs.), side muscles removed**
- **2 shallots, finely chopped**
- **½ cup white wine or chicken broth**
- **8 cups fresh baby spinach (about 8 oz.)**

1. In a large nonstick skillet, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels. Discard drippings, reserving 2 Tbsp. Wipe skillet clean if necessary.

2. Pat scallops dry with paper towels. In same skillet, heat 1 Tbsp. drippings over medium-high heat. Add scallops; cook 2-3 minutes on each side or until golden brown and firm. Remove from pan; keep warm.

3. Heat remaining bacon drippings in same skillet over medium-high heat. Add shallots; cook and stir 2-3 minutes or until tender. Add wine; bring to a boil, stirring to loosen browned bits from pan. Add spinach; cook and stir 1-2 minutes or until wilted. Stir in bacon. Serve with scallops.

FAST FIX

Quick Greek Pizza

With toppings similar to a Greek salad, this veggie pizza reminds us of the Mediterranean. Toss on some chopped deli turkey for extra protein.

—**ANGELA ROBINSON** FINDLAY, OH

field editor

START TO FINISH: 30 MIN. • **MAKES:** 6 SERVINGS

- **2 cups biscuit/baking mix**
- **6 Tbsp. cold water**
- **¼ tsp. dried oregano**
- **¼ cup Greek vinaigrette**
- **½ cup pitted Greek olives, sliced**
- **½ cup thinly sliced roasted sweet red pepper**
- **1½ cups (6 oz.) shredded part-skim mozzarella cheese**
- **½ cup crumbled feta cheese**
- **½ cup chopped cucumber**
- **1 small tomato, chopped**
- **Additional Greek vinaigrette, optional**

1. Preheat oven to 425°. In a small bowl, combine biscuit mix, water and oregano to form a soft dough. Press dough to fit a greased 12-in. pizza pan; pinch edge to form a rim. Bake 10-12 minutes or until lightly browned.

2. Brush ¼ cup vinaigrette over crust; top with olives, red pepper and cheeses. Bake 8-10 minutes or until cheese is melted and crust is lightly browned.

3. Sprinkle with cucumber and tomato before serving. If desired, drizzle with additional vinaigrette. ■

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Garden Fresh Go-To's

Spring's brightest ingredients are ready to shine. Dig into these **crispy, creamy, sweet** new ways to eat your veggies.

EAT SMART FAST FIX

Honey & Ginger Glazed Carrots

For weeknights, holidays and big gatherings, we make sweet and tangy carrots tossed with raisins and nuts. Prepare them ahead and reheat in the oven. We think they're even better the second time around!

—**LAURA MIMS** LITTLE ELM, TX

START TO FINISH: 25 MIN.
MAKES: 6 SERVINGS

- 1½ lbs. fresh carrots, sliced
- ½ cup golden raisins
- 3 Tbsp. honey
- 2 Tbsp. butter
- 2 Tbsp. lemon juice
- 1½ tsp. ground ginger
- ½ tsp. salt
- ½ cup slivered almonds, toasted

1. Place carrots in a large saucepan; add water to cover. Bring to a boil. Cook, covered, 6-8 minutes or until crisp-tender. Drain and return to pan.
2. Stir in raisins, honey, butter, lemon juice, ginger and salt; cook and stir 4-5 minutes longer or until carrots are tender. Just before serving, sprinkle with almonds.

TO TOAST NUTS *Spread in a 15x10x1-in. baking pan. Bake at 350° for 5-10 minutes or until lightly browned, stirring occasionally. Or, spread in a dry nonstick skillet and heat over low heat until lightly browned, stirring occasionally.*

PER SERVING *204 cal., 9 g fat (3 g sat. fat), 10 mg chol., 307 mg sodium, 32 g carb., 5 g fiber, 4 g pro. Diabetic Exchanges: 2 vegetable, 1½ fat, 1 starch.*

5 INGREDIENTS FAST FIX

Creamy Skillet Noodles with Peas

I've made this creamy noodle side for years. It's a favorite, so I keep the ingredients on hand at all times.

—**ANITA GROFF** PERKIOMENVILLE, PA

START TO FINISH: 25 MIN.
MAKES: 6 SERVINGS

- ¼ cup butter, cubed
- 2 Tbsp. canola oil
- 5 cups uncooked fine egg noodles
- 2½ cups fresh or frozen peas
- 2½ cups chicken broth
- 1 cup half-and-half cream
- ½ tsp. salt
- ¼ tsp. pepper

In a large skillet, heat butter and oil over medium heat. Add noodles; cook and stir 2-3 minutes or until lightly browned. Stir in peas, broth, cream, salt and pepper. Bring to a boil. Reduce heat; simmer, covered, 10-12 minutes or until noodles are tender, stirring occasionally.

5 INGREDIENTS

Crispy Smashed Herbed Potatoes

While scanning a local newspaper, I found a recipe with an intriguing title. Like the name says, these potatoes really are crispy, herbed and smashed.

—**ALTHEA DYE** HOWARD, OH

PREP: 25 MIN. • **BAKE:** 20 MIN.
MAKES: 4 SERVINGS

- 12 small red potatoes (about 1½ lbs.)
- 3 Tbsp. olive oil
- ¼ cup butter, melted
- ¾ tsp. salt
- ¼ tsp. pepper
- 3 Tbsp. minced fresh chives
- 1 Tbsp. minced fresh parsley

1. Preheat oven to 450°. Place potatoes in a large saucepan; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, 15-20 minutes or until tender. Drain.
2. Drizzle oil over the bottom of a 15x10x1-in. baking pan; arrange potatoes over oil. Using a potato masher, flatten potatoes to ½-in. thickness. Brush potatoes with butter; sprinkle with salt and pepper.
3. Roast 20-25 minutes or until golden brown. Sprinkle with chives and parsley.

EAT SMART FAST FIX

Sauteed Radishes with Green Beans

I've heard that radishes are the only veggie you shouldn't cook, but my 1950s cookbook disagrees. We love 'em this way!

—**PAM KAISER** MANSFIELD, MO

START TO FINISH: 20 MIN.
MAKES: 4 SERVINGS

- 1 Tbsp. butter
- ½ lb. fresh green or wax beans, trimmed
- 1 cup thinly sliced radishes
- ½ tsp. sugar
- ¼ tsp. salt
- 2 Tbsp. pine nuts, toasted

1. In a large skillet, heat butter over medium-high heat. Add beans; cook and stir 3-4 minutes or until crisp-tender.
2. Add radishes; cook 2-3 minutes longer or until vegetables are tender, stirring occasionally. Stir in sugar and salt; sprinkle with nuts.

TO TOAST NUTS *Spread in a 15x10x1-in. baking pan. Bake at 350° for 5-10 minutes or until lightly browned, stirring occasionally. Or, spread in a dry nonstick skillet and heat over low heat until lightly browned, stirring occasionally.*

PER SERVING *75 cal., 6 g fat (2 g sat. fat), 8 mg chol., 177 mg sodium, 5 g carb., 2 g fiber, 2 g pro. Diabetic Exchanges: 1 vegetable, 1 fat.* ■

HONEY & GINGER GLAZED CARROTS
CREAMY SKILLET NOODLES WITH PEAS
CRISPY SMASHED HERBED POTATOES
SAUTEED RADISHES WITH GREEN BEANS

Light the Grill

Bring back the barbecue with healthy favorites like **juicy burgers, crispy veggies and, *mm-hmm*, even dessert.** These home cooks prove summer begins as soon as the goods hit the grill.

EAT SMART FREEZE IT

Spinach & Feta Burgers

Turkey burgers have their fans, but we prefer burgers of ground beef, spinach and feta cheese.

—SUE STETZEL GAINESVILLE, NY Field editor

PREP: 25 MIN. • GRILL: 15 MIN.
MAKES: 8 SERVINGS

- 1 Tbsp. olive oil
- 2 shallots, chopped
- 2½ cups fresh baby spinach, coarsely chopped
- 3 garlic cloves, minced
- ⅔ cup crumbled feta cheese
- ¾ tsp. Greek seasoning
- ½ tsp. salt
- ¼ tsp. pepper
- 2 lbs. lean ground beef (90% lean)
- 8 whole wheat hamburger buns, split
- Optional toppings: refrigerated tzatziki sauce, baby spinach and tomato slices

1. In a large skillet, heat oil over medium-high heat. Add shallots; cook and stir 1-2 minutes or until tender. Add spinach and garlic; cook 30-45 seconds longer or until spinach is wilted. Transfer to a large bowl; cool slightly.

2. Stir feta cheese and seasonings into spinach mixture. Add beef; mix lightly but thoroughly. Shape into eight ½-in.-thick patties.

3. Grill burgers, covered, over medium heat 6-8 minutes on each side or until a thermometer reads 160°. Grill buns over medium heat, cut side down, for 30-60 seconds or until toasted. Serve burgers on buns with toppings if desired.

FREEZE OPTION *Place patties on a plastic wrap-lined baking sheet; wrap and freeze until firm. Remove from pan and transfer to a resealable plastic freezer bag; return to freezer. To use, cook frozen patties as directed, increasing time as necessary for a thermometer to read 160°.*

PER SERVING *343 cal., 15 g fat (5 g sat. fat), 76 mg chol., 636 mg sodium, 25 g carb., 4 g fiber, 28 g pro.*
Diabetic Exchanges: *3 lean meat, 2 fat, 1½ starch.*

EAT SMART

Red Potato Salad with Lemony Vinaigrette

My pretty potato salad is a big step up from those that are loaded with mayo.

—ELIZABETH DEHART WEST JORDAN, UT

PREP: 15 MIN. • COOK: 20 MIN. + CHILLING
MAKES: 12 SERVINGS (¾ CUP EACH)

- 3 lbs. red potatoes, cubed (about 10 cups)
- ⅓ cup olive oil
- 2 Tbsp. lemon juice
- 2 Tbsp. red wine vinegar
- 1½ tsp. salt
- ¼ tsp. pepper
- 2 Tbsp. minced fresh parsley
- 1 garlic clove, minced
- ½ tsp. dried oregano
- ½ cup pitted Greek olives, chopped
- ⅓ cup chopped red onion
- ½ cup shredded Parmesan cheese

1. Place potatoes in a 6-qt. stockpot; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, 10-15 minutes or until tender. Drain; transfer to a large bowl.

2. In a small bowl, whisk oil, lemon juice, vinegar, salt and pepper until blended; stir in parsley, garlic and oregano. Drizzle over potatoes; toss to coat. Gently stir in olives and onion. Refrigerate, covered, at least 2 hours before serving.

3. Just before serving, stir in cheese.

PER SERVING *168 cal., 9 g fat (2 g sat. fat), 2 mg chol., 451 mg sodium, 20 g carb., 2 g fiber, 4 g pro.*
Diabetic Exchanges: *2 fat, 1½ starch.*

EAT SMART 5 INGREDIENTS

Grilled Leek Dip

Smoky leeks from the grill add something special to this creamy appetizer. It's also great with baby Vidalia onions instead of leeks when they are in season.

—RAMONA PARRIS ACWORTH, GA

PREP: 10 MIN. • GRILL: 10 MIN. + CHILLING
MAKES: 2½ CUPS (2 TBSP. EACH)

- 2 medium leeks
- 2 tsp. olive oil
- ½ tsp. salt, divided
- ¼ tsp. pepper
- 2 cups (16 oz.) reduced-fat sour cream
- 2 Tbsp. Worcestershire sauce
- Assorted fresh vegetables

1. Trim and discard dark green portion of leeks. Brush leeks with olive oil; sprinkle with ¼ tsp. salt and pepper. Grill leeks, covered, over medium-high heat 8-10 minutes or until lightly charred and tender, turning occasionally. Cool slightly; chop leeks.

2. In a small bowl, combine sour cream, Worcestershire sauce and remaining salt; stir in chopped leeks. Refrigerate dip, covered, 2 hours before serving. Serve with assorted vegetables.

PER SERVING *43 cal., 2 g fat (1 g sat. fat), 8 mg chol., 93 mg sodium, 3 g carb., trace fiber, 2 g pro.*

Italian Sausage and Provolone Skewers
Tarragon Asparagus

EAT SMART FAST FIX

Tarragon Asparagus

I'm always looking for new ways to use the purple asparagus I grow. We just discovered how wonderful any color of asparagus tastes when it's grilled.

—**SUE GRONHOLZ** BEAVER DAM, WI

field editor

START TO FINISH: 15 MIN.
MAKES: 8 SERVINGS

- **2 lbs. fresh asparagus, trimmed**
- **2 Tbsp. olive oil**
- **1 tsp. salt**
- **½ tsp. pepper**
- **¼ cup honey**
- **2 to 4 Tbsp. minced fresh tarragon**

On a plate, toss asparagus with oil, salt and pepper. Grill, covered, over medium heat 6-8 minutes or until crisp-tender, turning occasionally and basting often with honey during the last 3 minutes. Top with tarragon.

PER SERVING *76 cal., 4 g fat (1 g sat. fat), 0 chol., 302 mg sodium, 11 g carb., 1 g fiber, 2 g pro.*
Diabetic Exchanges: *1 vegetable, ½ starch, ½ fat.*

EAT SMART FAST FIX

Italian Sausage and Provolone Skewers

My husband made sausage and veggie kabobs as a fun twist on classic bombers. Grill 'em, then add the cheese cubes.

—**CINDY HILLIARD** KENOSHA, WI

START TO FINISH: 30 MIN.
MAKES: 8 SERVINGS

- **1 large onion**
- **1 large sweet red pepper**
- **1 large green pepper**
- **2 cups cherry tomatoes**
- **1 Tbsp. olive oil**
- **½ tsp. pepper**
- **¼ tsp. salt**
- **2 pkg. (12 oz. each) fully cooked Italian chicken sausage links, cut into 1¼-in. slices**
- **16 cubes provolone cheese (¾ in. each)**

1. Cut onion and peppers into 1-in. pieces; place in a large bowl. Add tomatoes, oil, pepper and salt; toss to coat. On 16 metal or soaked wooden skewers, alternately thread sausage and vegetables.

2. Grill, covered, over medium heat 8-10 minutes or until sausage is heated through and vegetables are tender, turning occasionally. Remove kabobs from grill; thread one cheese cube onto each kabob.

PER SERVING *220 cal., 13 g fat (5 g sat. fat), 75 mg chol., 682 mg sodium, 7 g carb., 2 g fiber, 20 g pro.*
Diabetic Exchanges: *3 medium-fat meat, 1 vegetable.*

"With gluten-free sausage, these skewers are perfect for my family's diet. No buns needed!" —CINDY HILLIARD

Honey-Yogurt Berry Salad

EAT SMART FAST FIX

Honey-Yogurt Berry Salad

I wanted my family to eat more fruit but not more sugary ingredients. This salad lets you play with different low-fat yogurts and berry combos.

—**ELIZABETH KING** DULUTH, MN

START TO FINISH: 10 MIN.
MAKES: 8 SERVINGS

- **1½ cups sliced fresh strawberries**
- **1½ cups fresh raspberries**
- **1½ cups fresh blueberries**
- **1½ cups fresh blackberries**
- **1 cup (8 oz.) reduced-fat plain yogurt**
- **1 Tbsp. honey**
- **¼ tsp. grated orange peel**
- **1 Tbsp. orange juice**

In a 2-qt. glass bowl, gently mix strawberries, raspberries, blueberries and blackberries. In a small bowl, mix yogurt, honey, orange peel and juice until blended. Just before serving, pour yogurt mixture over berries.

PER SERVING *76 cal., 1 g fat (trace sat. fat), 2 mg chol., 23 mg sodium, 16 g carb., 4 g fiber, 3 g pro.*
Diabetic Exchange: *1 fruit.*

"Try not to mess with the cake once it's on the grill. If you get any resistance when flipping it, just give it another minute."

—MOIRA MCGARRY

EAT SMART FAST FIX

Grilled Angel Food Cake with Strawberries

One night I goofed, accidentally using the balsamic butter I save for grilling chicken on my pound cake. What a delicious mistake that my entire family loved! For a patriotic look, spoon on some blueberries and blueberry syrup.

—**MOIRA MCGARRY** PARKMAN, ME
field editor

START TO FINISH: 15 MIN.
MAKES: 8 SERVINGS

- **2 cups sliced fresh strawberries**
- **2 tsp. sugar**
- **3 Tbsp. butter, melted**
- **2 Tbsp. balsamic vinegar**
- **8 slices angel food cake (about 1 oz. each)**
- **Reduced-fat vanilla ice cream and blueberry syrup, optional**

1. In a bowl, toss strawberries with sugar. In another bowl, mix butter and vinegar; brush on cut sides of cake.
2. Moisten a paper towel with oil; using tongs, rub on grill rack to coat lightly. Grill cake, uncovered, over medium heat 1-2 minutes on each side or until golden brown. Serve with strawberries and, if desired, ice cream and blueberry syrup.

PER SERVING *132 cal., 5 g fat (3 g sat. fat), 11 mg chol., 247 mg sodium, 22 g carb., 1 g fiber, 2 g pro.*
Diabetic Exchanges: *1½ starch, 1 fat.* ■

Spring Chicken

Saucy, spicy, roasted or glazed. No matter how it shows up at the table, **chicken's your favorite weeknight ingredient.** Wing it with these prizewinning recipes that prove why it's **the undisputed star of mealtime.**

Spring Chicken and Pea Salad, *page 44*
Roxanne Chan | Albany, CA

win $500!

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Chicken a la Queen

Q: Your prizewinning chicken uses phyllo. Is it hard to work with?

A: Phyllo can be intimidating, but it's also very forgiving. Follow the package instructions for thawing, and cover the sheets you're not working with so they don't dry out. When baking, look for an overall golden color on the crust. My chicken and leek pie requires minimal work with phyllo, so it's a fantastic way to test-drive the dough if you're new to it.

Andrea Stewart

SPRING CHICKEN
GRAND PRIZE WINNER

Cheesy Chicken and Leek Phyllo Pie

Chicken Riggies
Jackie Scanlan | Dayton, OH
tasteofhome.com/riggies

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Cheesy Chicken and Leek Phyllo Pie

Grand Prize

ANDREA STEWART TORONTO, ON

At our house, chicken potpie is a cozy staple. When the weather warms, we're not ready to give it up. This lighter pie is a new twist on our old favorite.

Chicken & Caramelized Onion Grilled Cheese

1ST

KADIJA BRIDGEWATER DEERFIELD BEACH, FL

I know it's hard to be patient while the sourdough crisps up on the griddle. But trust me, every crunchy, creamy bite is so worth the wait.

FAST FIX

Asian Barbecue Chicken Slaw

2ND

PAULA TODORA FORT WORTH, TX

Cabbage is everywhere when spring comes to the South. Here's one of our favorite ways to eat it. The recipe is easy to double or halve—perfect for empty nesters like us. Coleslaw mix cuts the prep time in half.

FAST FIX

Strawberry Mandarin Chicken Salad

3RD

BETTY HENAGIN CENTRAL POINT, OR

I shared this fruit and veggie chicken salad with my cooking class and, boy, did it go over well. We have it with garlic bread and iced tea.

Chicken & Caramelized Onion Grilled Cheese

PREP: 40 MIN. • **GRILL:** 15 MIN. • **MAKES:** 4 SERVINGS

- 2 Tbsp. olive oil
- 2 large sweet onions, thinly sliced
- ¼ tsp. salt, divided
- 1 tsp. minced fresh rosemary or ¼ tsp. dried rosemary, crushed
- 2 boneless skinless chicken breast halves (6 oz. each)
- 2 Tbsp. lemon juice
- ¼ tsp. pepper
- ¼ cup mayonnaise
- ⅓ cup finely chopped roasted sweet red peppers
- 8 slices sourdough bread
- 12 slices Swiss cheese
- 2 Tbsp. butter, softened

1. In a large skillet, heat oil over medium heat. Add onions and ¼ tsp. salt; cook and stir 6-8 minutes or until softened. Reduce heat to medium-low; cook 30-40 minutes or until deep golden brown, stirring occasionally. Stir in rosemary.

2. Meanwhile, pound chicken with a meat mallet to ½-in. thickness. Drizzle with lemon juice; sprinkle with pepper and remaining salt. Grill, covered, over medium heat or broil 4 in. from heat 5-7 minutes on each side or until no longer pink. Cut into strips.

3. In a bowl, mix mayonnaise and red peppers. Spread half of the mayonnaise mixture over four slices of bread. Layer with one slice cheese, chicken, onions and two slices of cheese. Spread remaining mayonnaise mixture over remaining bread; place over top. Spread outsides of sandwiches with butter.

4. Grill sandwiches, covered, over medium heat or broil 4 in. from heat 2-3 minutes on each side or until golden brown and cheese is melted.

Cheesy Chicken and Leek Phyllo Pie

PREP: 35 MIN. • **BAKE:** 30 MIN. • **MAKES:** 6 SERVINGS

- 6 Tbsp. olive oil, divided
- 2 medium leeks (white portion only), thinly sliced
- 1 cup sliced fresh mushrooms
- 1 Tbsp. all-purpose flour
- 1 cup chicken stock
- 1 can (5 oz.) evaporated milk
- 3 cups cubed cooked chicken
- ¾ cup plus 2 Tbsp. shredded Gruyere cheese, divided
- 1½ tsp. minced fresh thyme or ½ tsp. dried thyme
- ½ tsp. salt
- ½ tsp. pepper
- 10 sheets phyllo dough (14x9-in. size)

1. Preheat oven to 350°. In a large skillet, heat 2 Tbsp. oil over medium-high heat. Add leeks and mushrooms; cook and stir 3-4 minutes or until vegetables are tender. Stir in flour until blended; gradually stir in stock and milk. Bring to a boil, stirring constantly; cook and stir 3-4 minutes or until thickened. Stir in chicken, ¾ cup cheese, thyme, salt and pepper.

2. Brush a 9-in. pie plate with some of the remaining oil. Place one sheet of phyllo dough into prepared pan, allowing ends to extend over edges of dish; brush with oil. (Keep remaining phyllo covered with plastic wrap and a damp towel to prevent it from drying out.) Layer with seven additional phyllo sheets, brushing each with oil and rotating sheets to cover the pie plate. Transfer chicken mixture to crust.

3. Gently fold in ends of phyllo over filling, leaving an opening in the center. Crumble remaining phyllo sheets over filling; sprinkle with remaining cheese. Brush edges with remaining olive oil. Bake 30-35 minutes or until golden brown.

FAST FIX Strawberry Mandarin Chicken Salad

START TO FINISH: 30 MIN. • **MAKES:** 6 SERVINGS

- 8 bacon strips, chopped
- 4 boneless skinless chicken thighs (about 1 lb.)
- 4 cups torn iceberg lettuce
- 4 cups torn red leaf lettuce
- 2 cans (11 oz. each) mandarin oranges, drained
- 2 medium tomatoes, chopped
- 2 cups quartered fresh strawberries
- 2 medium ripe avocados, peeled and sliced
- 1 cup salad croutons
- 4 green onions, chopped
- ½ cup shredded Colby-Monterey Jack cheese
- Poppy seed salad dressing

1. In a large skillet, cook bacon over medium heat until crisp. Remove bacon to paper towels to drain. Cook chicken in drippings 6-8 minutes on each side or until a thermometer reads 170°; cut into bite-size pieces.

2. Place lettuces on a large serving platter. Arrange chicken, oranges, tomatoes, strawberries, avocados, croutons, green onions, cheese and bacon over lettuce. Serve with salad dressing.

FAST FIX Asian Barbecue Chicken Slaw

START TO FINISH: 25 MIN. • **MAKES:** 4 SERVINGS

- ¼ cup reduced-sodium soy sauce
- ¼ cup honey
- 3 Tbsp. canola oil
- 2 Tbsp. rice vinegar
- ½ cup barbecue sauce
- 1 lb. boneless skinless chicken breasts, cut into strips
- ¼ tsp. pepper
- ¼ cup honey mustard salad dressing
- 1 pkg. (14 oz.) coleslaw mix
- 3 green onions, chopped
- 4 Tbsp. sliced almonds, toasted, divided
- 3 tsp. sesame seeds, toasted, divided

1. In a large bowl, whisk soy sauce, honey, oil and vinegar until blended. Pour half of the honey mixture into a small bowl; stir in barbecue sauce. Sprinkle chicken with pepper. Place a large nonstick skillet coated with cooking spray over medium-high heat. Add chicken; cook and stir 4-6 minutes or until no longer pink. Add barbecue sauce mixture; heat through.

2. Meanwhile, whisk dressing into remaining honey mixture until blended. Add coleslaw mix, green onions, 3 Tbsp. almonds and 2 tsp. sesame seeds; toss to coat. Serve with chicken. Sprinkle servings with remaining almonds and sesame seeds.

TO TOAST NUTS *Spread in a 15x10x1-in. baking pan. Bake at 350° for 5-10 minutes or until lightly browned, stirring occasionally. Or, spread in a dry nonstick skillet and heat over low heat until lightly browned, stirring occasionally.*

EAT SMART FAST FIX

Thai-Style Cobb Salad

ELISABETH **LARSEN** PLEASANT GROVE, UT

For this kitchen-sink salad, a classic Cobb meets the summer rolls from my favorite Thai restaurant. If you have leftover chicken, toss it in.

Falafel Chicken Burgers with Lemon Sauce

NICOLE MEDEROS HOBOKEN, NJ

With their onion-ring toppers and falafel coating, these lemony chicken burgers are loaded with crunch. Use leftover falafel mix to bread fish, or add it to meatballs.

EAT SMART

Spicy Lemon Chicken Kabobs

TERRI CRANDALL GARDNERVILLE, NV

When I see Meyer lemons in the store, I grill them up to squeeze over these kabobs. Regular lemons work, too.

Barbecued Strawberry Chicken

BONNIE HAWKINS ELKHORN, WI field editor

When it's time to wow family and friends, we serve this chicken slathered in tangy strawberry sauce. It's easier than anyone would ever guess.

alafel Chicken Burgers with Lemon Sauce

REP: 35 MIN. • **COOK:** 10 MIN. • **MAKES:** 4 SERVINGS

4 frozen onion rings, optional

AUCE
1 carton (5.3 oz.) fat-free lemon Greek yogurt
⅛ tsp. ground cumin
¼ tsp. dill weed
⅛ tsp. salt
⅛ tsp. paprika

URGERS
¼ cup minced fresh parsley
3 Tbsp. crumbled cooked bacon
3 garlic cloves, minced
¼ tsp. salt
¼ tsp. curry powder
½ tsp. pepper
¼ tsp. ground cumin
1 lb. ground chicken
1 pkg. (6 oz.) falafel mix
4 tsp. canola oil
4 sesame seed hamburger buns, split
1 cup fresh arugula or baby spinach

1. Prepare onion rings, if desired, according to package directions.
2. Meanwhile, in a small bowl, mix sauce ingredients. In a large bowl, mix the first seven burger ingredients. Add chicken; mix lightly but thoroughly. Shape into four ½-in.-thick patties. Place ½ cup falafel mix in a shallow bowl (save remaining mix for another use). Press patties into falafel mix, patting to help coating adhere.
3. In a large nonstick skillet, heat oil over medium-high heat. Add burgers; cook 4-5 minutes on each side or until a thermometer reads 165°. Serve burgers on buns with sauce, arugula and, if desired, onion rings.

EAT SMART FAST FIX Thai-Style Cobb Salad

START TO FINISH: 15 MIN.
MAKES: 6 SERVINGS (¾ CUP DRESSING)

1 bunch romaine, torn
2 cups shredded rotisserie chicken
3 hard-cooked eggs, finely chopped
1 medium ripe avocado, peeled and thinly sliced
1 medium carrot, shredded
1 medium sweet red pepper, julienned
1 cup fresh snow peas, halved
½ cup unsalted peanuts
¼ cup fresh cilantro leaves
¾ cup Asian toasted sesame salad dressing
2 Tbsp. creamy peanut butter

1. Place romaine on a large serving platter. Arrange chicken, eggs, avocado, vegetables and peanuts over romaine; sprinkle with cilantro.
2. In a small bowl, whisk salad dressing and peanut butter until smooth. Serve with salad.

PER SERVING *382 cal., 25 g fat (5 g sat. fat), 135 mg chol., 472 mg sodium, 18 g carb., 5 g fiber, 23 g pro.*

Barbecued Strawberry Chicken

PREP: 25 MIN. • **BAKE:** 15 MIN. • **MAKES:** 4 SERVINGS

2 Tbsp. canola oil
4 boneless skinless chicken breast halves (6 oz. each)
2 Tbsp. butter
¼ cup finely chopped red onion
1 cup barbecue sauce
2 Tbsp. brown sugar
2 Tbsp. balsamic vinegar
2 Tbsp. honey
1 cup sliced fresh strawberries

1. Preheat oven to 350°. In a large ovenproof skillet, heat oil over medium-high heat. Brown chicken on both sides. Remove from pan. In same pan, heat butter over medium-high heat. Add onion; cook and stir 1 minute or until tender.
2. Stir in barbecue sauce, brown sugar, vinegar and honey. Bring to a boil. Reduce heat; simmer, uncovered, 4-6 minutes or until thickened. Return chicken to pan. Bake 12-15 minutes or until a thermometer reads 165°. Stir in strawberries.

EAT SMART Spicy Lemon Chicken Kabobs

PREP: 15 MIN. + MARINATING • **GRILL:** 10 MIN.
MAKES: 6 SERVINGS

¼ cup lemon juice
4 Tbsp. olive oil, divided
3 Tbsp. white wine
1½ tsp. crushed red pepper flakes
1 tsp. minced fresh rosemary or ¼ tsp. dried rosemary, crushed
1½ lbs. boneless skinless chicken breasts, cut into 1-in. cubes
2 medium lemons, halved
Minced chives

1. In a large resealable plastic bag, combine lemon juice, 3 Tbsp. oil, wine, pepper flakes and rosemary. Add chicken; seal bag and turn to coat. Refrigerate up to 3 hours.
2. Drain chicken; discarding marinade. Thread chicken onto six metal or soaked wooden skewers. Grill chicken kabobs, covered, over medium heat 10-12 minutes or until no longer pink, turning once.
3. Place lemons on grill, cut side down. Grill 8-10 minutes or until lightly browned. Squeeze lemon halves over chicken. Drizzle with remaining olive oil; sprinkle with chives.

PER SERVING *182 cal., 8 g fat (2 g sat. fat), 63 mg chol., 55 mg sodium, 2 g carb., 1 g fiber, 23 g pro.*
Diabetic Exchanges: *3 lean meat, 1 fat.*

FAST FIX

Grilled Chicken, Mango & Blue Cheese Tortillas

JOSEE LANZI NEW PORT RICHEY, FL

Bring on the sunny season with these homemade tortilla triangles loaded with chicken, mango and blue cheese. We do a double or triple batch for get-togethers.

Rhubarb-Apricot Barbecued Chicken

LAURIE HUDSON WESTVILLE, FL

Spring brings back memories of the rhubarb that grew beside my childhood home in Illinois. Here in Florida, rhubarb is pretty rare. When I find it, I know I have to grill this saucy chicken. It's a big treat for my family.

FAST FIX

Chicken, Asparagus & Corn Chowder

JENNIFER VO IRVINE, CA

I crave this light yet creamy soup, especially in the warmer months. Have it as a main dish, or ladle out smaller servings to kick off a dinner party.

EAT SMART FAST FIX

Spring Chicken and Pea Salad

ROXANNE CHAN ALBANY, CA

Fresh veggies and herbs team up with chicken for a very happy lunch. If you have them, throw on the pine nuts. They're so good in this salad.

Rhubarb-Apricot Barbecued Chicken

PREP: 30 MIN. • **GRILL:** 30 MIN. • **MAKES:** 6 SERVINGS

- 1 Tbsp. olive oil
- 1 cup finely chopped sweet onion
- 1 garlic clove, minced
- 2 cups chopped fresh or frozen rhubarb
- ¾ cup ketchup
- ⅔ cup water
- ⅓ cup apricot preserves
- ¼ cup cider vinegar
- ¼ cup molasses
- 1 Tbsp. honey Dijon mustard
- 2 tsp. finely chopped chipotle pepper in adobo sauce
- 5 tsp. barbecue seasoning, divided
- 1¼ tsp. salt, divided
- ¾ tsp. pepper, divided
- 12 chicken drumsticks (about 4 lbs.)

1. In a large saucepan, heat oil over medium heat. Add onion; cook and stir 4-6 minutes or until tender. Add garlic; cook 1 minute longer. Stir in rhubarb, ketchup, water, preserves, vinegar, molasses, mustard, chipotle pepper, 1 tsp. barbecue seasoning, ¼ tsp. salt and ¼ tsp. pepper. Bring to a boil. Reduce heat; simmer, uncovered, 8-10 minutes or until rhubarb is tender. Puree rhubarb mixture using an immersion blender. Or, cool slightly and puree in a blender. Reserve 2 cups sauce for serving.

2. Meanwhile, in a small bowl, mix the remaining barbecue seasoning, salt and pepper; sprinkle over chicken. Moisten a paper towel with cooking oil; using long-handled tongs, rub on grill rack to coat lightly. Grill chicken, covered, over indirect medium heat 15 minutes. Turn; grill 15-20 minutes longer or until a thermometer reads 170°-175°, brushing occasionally with remaining sauce. Serve with reserved sauce.

EAT SMART FAST FIX

Spring Chicken and Pea Salad

START TO FINISH: 20 MIN. • **MAKES:** 4 SERVINGS

- 1 cup fresh peas
- 2 cups torn curly or Belgian endive
- 2 cups torn radicchio
- 2 cups chopped rotisserie chicken
- ½ cup sliced radishes
- 2 Tbsp. chopped red onion
- 2 Tbsp. fresh mint leaves, torn

DRESSING

- 2 Tbsp. olive oil
- ¼ tsp. grated lemon peel
- 1 Tbsp. lemon juice
- 1 Tbsp. mint jelly
- 1 garlic clove, minced
- ¼ tsp. salt
- ¼ tsp. pepper
- Toasted pine nuts, optional

1. In a large saucepan, bring ½ in. of water to a boil. Add peas; cover and cook 5-8 minutes or until tender.

2. Drain peas; place in a large bowl. Add endive, radicchio, chicken, radishes, onion and mint. In a small saucepan, combine oil, lemon peel, juice, jelly, garlic, salt and pepper; cook and stir over medium-low heat 4-6 minutes or until jelly is melted. Drizzle over salad; toss to coat. If desired, sprinkle with pine nuts.

NOTE *Frozen peas may be substituted for fresh peas; thaw before using.*

PER SERVING *250 cal., 12 g fat (2 g sat. fat), 62 mg chol., 225 mg sodium, 12 g carb., 3 g fiber, 23 g pro.*
Diabetic Exchanges: *3 lean meat, 1½ fat, 1 vegetable, ½ starch.*

EAT SMART FAST FIX

Grilled Chicken, Mango & Blue Cheese Tortillas

START TO FINISH: 30 MIN. • **MAKES:** 16 APPETIZERS

- 1 boneless skinless chicken breast (8 oz.)
- 1 tsp. blackened seasoning
- ¼ cup (6 oz.) plain yogurt
- 1½ tsp. grated lime peel
- 2 Tbsp. lime juice
- ¼ tsp. salt
- ⅛ tsp. pepper
- 1 cup finely chopped peeled mango
- ⅓ cup finely chopped red onion
- 4 flour tortillas (8 in.)
- ½ cup crumbled blue cheese
- 2 Tbsp. minced fresh cilantro

1. Moisten a paper towel with cooking oil; using long-handled tongs, rub on grill rack to coat lightly. Sprinkle chicken with blackened seasoning. Grill chicken, covered, over medium heat 6-8 minutes on each side or until a thermometer reads 165°.

2. Meanwhile, in a bowl, mix yogurt, lime peel, lime juice, salt and pepper. Cool chicken slightly; finely chop and transfer to a small bowl. Stir in mango and onion.

3. Grill tortillas, uncovered, over medium heat 2-3 minutes or until puffed. Turn; top with chicken mixture and sprinkle with blue cheese. Grill, covered, 2-3 minutes longer or until bottoms of tortillas are lightly browned. Drizzle with yogurt mixture; sprinkle with cilantro. Cut each tortilla into four wedges.

PER SERVING *85 cal., 3 g fat (1 g sat. fat), 12 mg chol., 165 mg sodium, 10 g carb., 1 g fiber, 5 g pro.*
Diabetic Exchanges: *1 lean meat, ½ starch.*

FAST FIX

Chicken, Asparagus & Corn Chowder

START TO FINISH: 30 MIN. • **MAKES:** 4 SERVINGS

- 2 Tbsp. olive oil
- ¾ cup cut fresh asparagus (1-in. pieces)
- 1 small onion, finely chopped
- 2 Tbsp. all-purpose flour
- ½ tsp. salt
- ¼ tsp. garlic powder
- ⅛ to ¼ tsp. pepper
- 1 can (14½ oz.) chicken broth
- ½ cup fat-free half-and-half
- 1½ cups cubed cooked chicken breast
- ¾ cup frozen corn

1. In a large saucepan, heat oil oil over medium heat. Add asparagus and onion; cook and stir 3-4 minutes or until tender.

2. Stir in flour, salt, garlic powder and pepper until blended; gradually stir in broth and half-and-half. Bring to a boil, stirring constantly; cook and stir 3-5 minutes or until slightly thickened. Add chicken and corn; heat through.

SiLLY SUPPeRS

When dinner's a toss-up between pizza and franks, serve 'em both. Readers' families love these **creative combos that are a little bit wacky and a lot delicious.**

SEE RECIPE page 46

5 INGREDIENTS FAST FIX

Chili Dog Pizza

My girls love it when I make this marvelous pizza mash-up. It's one of the best ways I know to use up leftover chili.

—JENNIFER STOWELL
SMITHVILLE, MO

START TO FINISH: 25 MIN.
MAKES: 8 PIECES

- 1 tube (11 oz.) refrigerated thin pizza crust
- ½ cup yellow mustard
- 1 can (15 oz.) chili with beans
- 6 hot dogs, sliced
- 2 cups (8 oz.) shredded cheddar cheese
- Chopped onion and sweet pickle relish, optional

1. Preheat oven to 425°. Unroll and press dough onto the bottom of a greased 15x10x1-in. baking pan. Bake 5-7 minutes or until edges of crust are lightly browned.
2. Spread with mustard; top with chili, hot dogs and cheese. Bake 10-15 minutes or until crust is golden and cheese is melted. If desired, sprinkle with onion and relish.

FAST FIX

Stuffed PB&J French Toast Kabobs

I turned simple peanut butter and jelly into fun French toast on a stick. Slice up and skewer these nifty sandwiches, and you'll win the prize for most ingenious parent of the year.

—NICOLE MEYER NIBBLESBYNIC.COM

START TO FINISH: 30 MIN.
MAKES: 4 SERVINGS

- ⅓ cup seedless strawberry jam
- 8 slices challah or egg bread (½ in. thick)
- 1 cup sliced fresh strawberries
- 1 tsp. ground cinnamon
- ½ cup creamy peanut butter
- 5 eggs
- ¾ cup 2% milk
- 5 Tbsp. maple syrup, divided
- ¾ tsp. vanilla extract
- 8 fresh strawberries, halved
- Additional maple syrup and sliced fresh strawberries

1. Spread jam over four slices of bread. Top with sliced strawberries; sprinkle with cinnamon. Spread peanut butter over remaining bread; place over top.
2. Lightly grease a griddle; heat over medium heat. In a shallow bowl, whisk eggs, milk, 3 Tbsp. maple syrup and vanilla until blended. Dip both sides of sandwiches in egg mixture, allowing each side to soak 10 seconds. Place sandwiches on griddle; toast 3-4 minutes on each side or until golden brown.
3. Transfer sandwiches to a cutting board; brush sandwiches with remaining syrup. Cut sandwiches into quarters. On four metal or wooden skewers, alternately thread French toast and halved strawberries. If desired, serve the kabobs with additional maple syrup and strawberries.

5 INGREDIENTS FAST FIX

Jalapeno Popper Quesadillas

Quesadillas filled with your favorite jalapeno-popper flavors are a simple and fast solution when you're too busy to cook a big meal. If you like recipes with a little heat, this one's for you.

—REBECCA NISEWONDER
RICHMOND, IN

START TO FINISH: 25 MIN.
MAKES: 4 SERVINGS

- 8 flour tortillas (8 in.)
- 1 carton (8 oz.) spreadable cream cheese
- ½ lb. bacon strips, cooked and crumbled
- 5 jalapeno peppers, seeded and finely chopped
- 2 cups (8 oz.) shredded cheddar cheese

1. Preheat oven to 400°. Place half of the tortillas on two greased baking sheets. Spread with cream cheese; sprinkle with bacon, jalapenos and cheese. Top with remaining tortillas.
2. Bake 8-10 minutes or until golden brown and cheese is melted.

Spaghetti Tacos

My son watches a TV show where the kids eat spaghetti tacos. As a joke, I made him his own—and now these tacos are here to stay.

—**MINDIE HILTON** SUSANVILLE, CA

PREP: 25 MIN. • **COOK:** 25 MIN.
MAKES: 6 SERVINGS

- 1 can (15 oz.) tomato sauce
- 1 can (14½ oz.) diced tomatoes, undrained
- 2 tsp. sugar
- ¾ tsp. dried parsley flakes
- ½ tsp. dried basil
- ½ tsp. dried thyme
- ½ tsp. pepper
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- 12 frozen fully cooked Italian turkey meatballs, thawed and quartered
- 1 pkg. (13¼ oz.) whole grain thin spaghetti
- 12 taco shells, warmed
- ¾ cup shredded reduced-fat Italian cheese blend
- Thinly sliced fresh basil, optional

1. In a large saucepan, combine the first nine ingredients; stir in the meatballs. Bring to a boil. Reduce heat; simmer, covered, 20-25 minutes to allow flavors to blend, stirring occasionally.
2. Meanwhile, in another saucepan, cook spaghetti according to package directions; drain and return to pan. Remove 1½ cups sauce from meatball mixture; add to spaghetti and toss to coat.
3. Place ½ cup spaghetti in each taco shell; top with meatball mixture and cheese. If desired, sprinkle with fresh basil. ■

Yummy Side Up

Picnic season calls for a dessert that's even better after doing a flip. Readers reveal **a new generation of topsy-turvy cakes** that show off juicy blueberries, caramelized bananas and classic pineapple (with a cheesecakey twist).

Blueberry-Lemon Upside-Down Cake

My mother-in-law took me under her wing in the kitchen. This cake with fresh blueberries is one of her beauties.

—**BONNIE ROBERTS** NEWAYGO, MI

PREP: 10 MIN. • **BAKE:** 35 MIN. + COOLING
MAKES: 12 SERVINGS

- **4 cups fresh or frozen unsweetened blueberries, thawed**
- **½ cup sugar**
- **2 cups miniature marshmallows**
- **1 pkg. yellow cake mix (regular size)**
- **½ tsp. grated lemon peel**
- **Whipped topping**

1. Preheat oven to 350°. In a greased 13x9-in. baking dish, layer blueberries, sugar and miniature marshmallows. Prepare cake mix batter according to package directions, adding lemon peel before mixing batter; pour batter over marshmallows.
2. Bake 35-40 minutes or until a toothpick inserted in center comes out clean. Cool 10 minutes before inverting onto a serving plate. Serve warm with whipped topping.

Pineapple Upside-Down Cheesecake

Pineapple Upside-Down Cheesecake

Who knew anything could be better than my mom's pineapple upside-down cake? This cheesecake looks just like her trademark dessert, but with its creamy center, it's even more delicious.

—**MARILYN MCGINNIS**
CITRUS HEIGHTS, CA

PREP: 25 MIN. • **BAKE:** 35 MIN. + CHILLING
MAKES: 4 SERVINGS

- **¾ cup packed brown sugar**
- **4 slices canned pineapple**
- **4 maraschino cherries**

FILLING

- **1 pkg. (8 oz.) cream cheese, softened**
- **½ cup confectioners' sugar**
- **2 tsp. all-purpose flour**
- **1 tsp. vanilla extract**
- **1 egg, lightly beaten**
- **¼ cup crushed pineapple, well drained**

CRUST

- **1 Tbsp. butter**
- **⅓ cup graham cracker crumbs**
- **¼ tsp. ground cinnamon**

1. Preheat oven to 325°. Sprinkle brown sugar into an 8-in. ovenproof skillet. Arrange pineapple in a single layer over brown sugar; place a maraschino cherry in the center of each pineapple slice.
2. For filling, in a large bowl, beat cream cheese and confectioners' sugar until smooth. Beat in flour and vanilla. Add egg; beat on low speed just until blended. Fold in crushed pineapple. Spoon over fruit.
3. Bake 35-40 minutes or until center is almost set. Cool on a wire rack 10 minutes. Loosen sides from pan with a knife. Cool 1 hour longer. Refrigerate overnight, covering when completely cooled.
4. For crust, in a skillet, melt butter over medium-low heat. Add cracker crumbs and cinnamon; cook and stir 4-6 minutes or until toasted. Cool. Just before serving, top cheesecake with toasted crumbs; press to adhere. Invert cheesecake onto a plate.

It bakes. It roasts. It fries. It's a cast-iron skillet—the smartest tool in your kitchen.

Banana Skillet Upside-Down Cake

My grandmother gave me my first cast-iron skillet, and I've been cooking with it ever since. Serve this cake warm from the oven and don't miss one bite of that gooey banana-coconut topping.
—**TERRI MERRITTS** NASHVILLE, TN

PREP: 25 MIN. • **BAKE:** 35 MIN.
MAKES: 10 SERVINGS

- **1 pkg. (14 oz.) banana quick bread and muffin mix**
- **½ cup chopped walnuts**
- **¼ cup butter, cubed**
- **¾ cup packed brown sugar**
- **2 Tbsp. lemon juice**
- **4 medium bananas, cut into ¼-in. slices**
- **2 cups flaked coconut**

1. Preheat oven to 375°. Prepare banana bread batter according to package directions; stir in walnuts.
2. In a 10-in. ovenproof skillet, melt butter over medium heat; stir in brown sugar until dissolved. Add lemon juice; cook and stir 2-3 minutes longer or until slightly thickened. Remove from heat. Arrange bananas in a single layer over brown sugar mixture; sprinkle with coconut.
3. Spoon prepared batter over coconut. Bake 35-40 minutes or until dark golden and a toothpick inserted in center comes out clean. Cool 5 minutes before inverting onto a serving plate. Serve warm.

Apricot Upside-Down Cake

Strawberry-Rhubarb Flip Cake

Apricot Upside-Down Cake

It was true love when I first tasted my Aunt Anne's sweet golden cake.

—**RUTH ANN STELFOX** RAYMOND, AB

PREP: 30 MIN. • **BAKE:** 35 MIN. + COOLING
MAKES: 9 SERVINGS

- **2 eggs, separated**
- **2 cans (15 oz. each) apricot halves**
- **¼ cup butter, cubed**
- **½ cup packed brown sugar**
- **⅔ cup cake flour**
- **¾ tsp. baking powder**
- **¼ tsp. salt**
- **⅔ cup sugar**

1. Place egg whites in a small bowl; let stand at room temperature 30 minutes. Preheat oven to 350°. Drain apricots, reserving 3 Tbsp. syrup (discard remaining syrup or save for another use); set aside.

2. Place butter in a 9-in.-square baking dish. Place dish in oven 3-4 minutes or until the butter is melted; carefully swirl to coat evenly. Sprinkle with brown sugar. Arrange apricot halves in a single layer over brown sugar, cut side up.

3. In a small bowl, whisk flour, baking powder and salt. In a large bowl, beat egg yolks until slightly thickened. Gradually add sugar, beating on high speed until thick and lemon-colored. Beat in reserved apricot syrup. Fold in flour mixture.

4. With clean beaters, beat egg whites on medium speed until stiff peaks form. Fold into batter. Spoon over apricots. Bake 35-40 minutes or until a toothpick inserted in center comes out clean. Cool 10 minutes before inverting onto a serving plate. Serve warm.

Strawberry-Rhubarb Flip Cake

My friend Dave, who was born in June, always brought two of these strawberry-rhubarb cakes to celebrate at work. We all knew when his birthday was!

—**CHARLENE SCHWARTZ** MAPLE PLAIN, MN

PREP: 20 MIN. • **BAKE:** 40 MIN. + COOLING
MAKES: 12 SERVINGS

- **1 cup packed brown sugar**
- **3 Tbsp. quick-cooking tapioca**
- **6 cups sliced fresh or frozen rhubarb, thawed**
- **3 cups sliced fresh or frozen strawberries, thawed**
- **½ cup butter, softened**
- **1 cup sugar**
- **2 eggs**
- **1 tsp. vanilla extract**
- **2 cups all-purpose flour**
- **2½ tsp. baking powder**
- **¼ tsp. salt**
- **1 cup 2% milk**
- **Sweetened whipped cream or vanilla ice cream, optional**

1. Preheat oven to 350°. In a large bowl, mix brown sugar and tapioca. Add rhubarb and strawberries; toss to coat. Let stand 15 minutes.

2. Meanwhile, in a large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla. In another bowl, whisk together flour, baking powder and salt; add to creamed mixture alternately with milk, beating well after each addition.

3. Transfer rhubarb mixture to a greased 13x9-in. baking dish; pour batter over top. Bake 40-45 minutes or until a toothpick inserted in center comes out clean. Cool completely in pan on a wire rack. Invert each piece onto a serving plate. If desired, serve with whipped cream or ice cream.

NOTE *If using frozen rhubarb, measure rhubarb while still frozen, then thaw completely. Drain in a colander, but do not press out liquid.* ■

Taste of Home fans are raving about

Taste of Home LIVE!

"I loved your show. I learned quite a few things I did not know, even after 50 years of cooking!"

—SHARON, MANKATO, MN

If you love *Taste of Home* magazine, get ready for an event like no other. Whether you're a seasoned pro or a blushing beginner, it's an unforgettable LIVE Cooking School filled with new friends, fabulous food and lots of fun!

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LEARN NEW RECIPES! The Chickaritos recipe below is just one of the yummy recipes we've shown fans how to make. Like all cooking show recipes, it's easy enough to recreate at home.

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GET A BAG OF GOODIES! Every attendee receives a valuable gift bag filled with products, recipes and coupons from local sponsors.

Chickaritos — NANCY, ORO VALLEY, AZ

PREP: 30 MIN. • **BAKE:** 20 MIN. • **MAKES:** 3 DOZEN

- 3 cups finely chopped cooked chicken
- 1½ cups (6 oz.) shredded sharp cheddar cheese
- 1 can (4 oz.) chopped green chilies
- 4 green onions, finely chopped
- 1 tsp. hot pepper sauce
- 1 tsp. garlic salt
- ¼ tsp. paprika
- ¼ tsp. ground cumin
- ¼ tsp. pepper
- 2 pkg. (17.3 oz.) frozen puff pastry, thawed
- 1 egg, beaten
- Salsa
- Guacamole

1. Preheat oven to 425°. In a large bowl, combine chicken, cheese, chilies, onions, pepper sauce and seasonings.

2. Unfold one sheet of puff pastry onto a lightly floured surface. Roll into a 12x9-in. rectangle. Cut into nine rectangles.

3. Place 2 Tbsp. of the filling across the center of each rectangle. Brush edges of pastry with water and roll pastry around filling. Press edges with a fork to seal. Repeat with remaining pastry and filling. Refrigerate, covered, until ready to bake.

4. Place pastries on a lightly greased baking sheet, seam side down. Brush tops with egg. Bake 20-25 minutes or until golden brown. Serve warm with salsa and guacamole.

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Made By Mom

She whisks and swirls, sears and bakes, and always sprinkles on the love. **Readers celebrate the first cook they ever knew—their mom**—by sharing her best simple recipes.

Easy Four-Layer Chocolate Dessert
Kristen Johnson
Waukesha, WI

SEE RECIPE page 54

Easy Four-Layer Chocolate Dessert

I grew up on these nutty, chocolaty treats. Now, since I know Mom loves them, too, I make them for both of us.

—**KRISTEN JOHNSON** WAUKESHA, WI

PREP: 25 MIN. • **BAKE:** 15 MIN. + COOLING
MAKES: 15 SERVINGS

- **1 cup all-purpose flour**
- **½ cup cold butter**
- **1 cup chopped walnuts, toasted, divided**
- **1 pkg. (8 oz.) cream cheese, softened**
- **1 cup confectioners' sugar**
- **2 cartons (8 oz. each) frozen whipped topping, thawed, divided**
- **2½ cups 2% milk**
- **2 pkg. (3.9 oz. each) instant chocolate pudding mix**
- **1 cup semisweet chocolate chunks**
- **Chocolate syrup**

1. Preheat oven to 350°. Place flour in a small bowl; cut in butter until crumbly. Stir in ½ cup walnuts. Press onto bottom of an ungreased 13x9-in. baking dish. Bake 12-15 minutes or until light golden brown. Cool completely on a wire rack.

2. In a small bowl, beat cream cheese and confectioners' sugar until smooth; fold in one carton whipped topping. Spread over crust. In a large bowl, whisk milk and pudding mix 2 minutes. Gently spread over cream cheese layer. Top with remaining whipped topping. Sprinkle with chocolate chunks and remaining walnuts. Refrigerate until cold.

3. Cut into bars. Just before serving, drizzle with chocolate syrup.

TO TOAST NUTS *Spread them in a 15x10x1-in. baking pan. Bake at 350° for 5-10 minutes or until nuts are lightly browned, stirring occasionally for even browning.*

My Mother's Lemony Chicken with Broccoli

My mom used to make this super succulent chicken and broccoli dish for our family in Montana. The few lucky guests who were invited for supper could not stop raving.

—**JESSY DRUMMOND** SPRINGFIELD, TN

PREP: 15 MIN. • **COOK:** 20 MIN.
MAKES: 4 SERVINGS

- **1 lb. boneless skinless chicken breasts, cut into 1-in. strips**
- **½ tsp. salt**
- **¼ tsp. pepper**
- **½ cup all-purpose flour**
- **¼ tsp. garlic powder**
- **¼ tsp. paprika**
- **1 egg**
- **3 Tbsp. lemon juice, divided**
- **¼ cup butter, cubed**
- **1 cup chicken broth**
- **½ tsp. grated lemon peel**
- **4 cups fresh broccoli florets**
- **Lemon wedges**
- **Hot cooked rice, optional**

1. Sprinkle chicken with salt and pepper. In a shallow bowl, mix flour, garlic powder and paprika. In another shallow bowl, whisk egg and 1 Tbsp. lemon juice. Dip chicken in egg mixture, then in flour mixture; shake off excess.

2. In a large skillet, heat butter over medium heat. Add chicken; cook 4-6 minutes on each side or until chicken is no longer pink. Remove and keep warm. Add chicken broth, lemon peel and remaining lemon juice to skillet; bring to a boil. Stir in broccoli florets. Reduce heat; simmer, covered, 8-10 minutes or until broccoli is tender. Serve with chicken, lemon wedges and, if desired, rice.

Apple-Rhubarb Bread

Rhubarb is such a jewel that I freeze it to use all year round. My mother used it in this apple bread spiced with cinnamon.

—LINDA TOM SIOUX FALLS, SD

PREP: 15 MIN. • **BAKE:** 50 MIN. + COOLING
MAKES: 2 LOAVES (12 SLICES EACH)

- 4 eggs
- 1½ cups sugar
- ½ cup canola oil
- 1 tsp. vanilla extract
- 3 cups all-purpose flour
- 4½ tsp. baking powder
- 1 tsp. salt
- 1 tsp. ground cinnamon
- 1½ cups chopped peeled apple
- 1½ cups finely chopped fresh or frozen rhubarb, thawed
- 1 cup chopped walnuts

1. Preheat oven to 350°. In a large bowl, whisk eggs, sugar, oil and vanilla until blended. In another large bowl, whisk flour, baking powder, salt and cinnamon. Add to egg mixture; stir just until moistened. Fold in apples, rhubarb and walnuts.
2. Transfer to two greased 8x4-in. loaf pans. Bake 50-60 minutes or until a toothpick inserted in center comes out clean. Cool in pans 10 minutes before removing to wire racks to cool.

NOTE *If using frozen rhubarb, measure while still frozen, then thaw the fruit completely. Drain in a colander, but do not press liquid out.*

FAST FIX

Shrimp & Crab Pizza

When we were little, my mother made an amazing seafood pizza. Now my own kids ask for it. The tradition continues.

—DANIELLE WOODWARD COLORADO SPRINGS, CO

START TO FINISH: 30 MIN.
MAKES: 6 SLICES

- ½ lb. uncooked shrimp (61-70 per lb.), peeled and deveined
- 1 cup water
- 2 Tbsp. lemon juice
- 1 Tbsp. butter
- 1¾ cups sliced fresh mushrooms
- 1 small onion, chopped
- 1 small sweet red pepper, cut into strips
- 1 garlic clove, minced
- ¼ tsp. salt
- 1¼ cups coarsely chopped imitation crabmeat (about ½ lb.)
- 1 prebaked 12-in. pizza crust
- ⅓ cup Alfredo sauce
- 2 cups (8 oz.) shredded part-skim mozzarella cheese

1. Preheat oven to 450°. In a small bowl, combine shrimp, water and lemon juice. Let stand 10 minutes.
2. Meanwhile, in a large skillet, heat butter over medium-high heat. Add mushrooms, onion and pepper; cook and stir 4-5 minutes or until tender. Add garlic and salt; cook 1 minute longer.
3. Drain shrimp, discarding liquid. Add shrimp and crab to pan; cook and stir 1-2 minutes longer or until shrimp turn pink.
4. Place prebaked crust on an ungreased 12-in. pizza pan or baking sheet; spread with Alfredo sauce. Spoon shrimp mixture over sauce; sprinkle with mozzarella cheese. Bake 8-10 minutes or until crust is golden and cheese is melted. ■

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HEY THERE, RECIPE STAR!

Reader **Michelle Babbie** has loved being in the kitchen ever since she could reach the counter.

Q: How do you get your son involved in the kitchen?
A: Justin is right by my side for all things food related. He's a big help in the veggie garden, and in the kitchen he's usually running the food processor, washing dishes or, best of all, taste testing.

What's your secret for making meals the whole family loves?
I try to grow a lot of the ingredients because I believe food tastes better when you know where it came from. It's fun to sit down to warm blueberry pancakes in the winter and remember the summer day when I picked them.

What are your favorite childhood cooking memories?
My great-grandmother and I would cook side by side, cutting dozens of homemade doughnuts and buttering the tops of fresh-baked rolls.

Check out Michelle's ***Potato, Sausage & Kale Soup,*** page 18.

Spread the Recipe Love

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Shower Time

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